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PAGE 13



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# Let the Games begin

Canada's Maxence Parrot flies through the air during a training run at the Sochi Winter Olympics Thursday.

**SOCHI COVERAGE ON PAGES 8, 10, 12, 26, 27 & 28**

JONATHAN HAYWARD/THE CANADIAN PRESS

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# Winnipeg gearing up for Winter Cycling Congress

## 'Very proud.'

Conference to feature 70 speakers, more than 170 delegates



**BERNICE PONTANILLA**

bernice.pontanilla@metronews.ca

Navigating snowy streets on two wheels will be in fashion next week when Winnipeg hosts an international convention on doing exactly that.

The Winter Cycling Congress, which starts on Wednesday and runs until Friday at The Forks and Manitoba Theatre for Young People, will bring together about 70 speakers and more than 170 delegates.

Anders Swanson, a strong supporter of active transportation in Winnipeg and the congress' director, said cycling during the long winters in northern-hemisphere countries is growing in popularity and local governments are taking notice.

"It's going to be a pretty comprehensive conference," said Swanson, who attended



In this picture, taken during the 2013 Winter Cycling Congress in Oulu, Finland, a young woman pedals her way through a snowstorm. COURTESY ANDERS SWANSON

the 2013 edition in Finland.

"One day, winter cycling will be for everyone ... (Winnipeggers) should be very proud that we even have this conference here and that we get the chance to

learn, and I think that in the next five years we'll see big changes."

The conference will cover urban planning, safety measures, and projects and practices from around the

globe.

Swanson said there are delegates coming from as far away as Japan and speakers from countries like Finland, where they've introduced GPS devices on snow-clear-

## Moveable Feast

The Downtown Winnipeg BIZ teamed up with the Winter Cycling Congress organizers to offer a bike tour of several restaurants, including the pop-up RAW: almond restaurant on the river. The tour, which takes place on Thursday, also stops at East India Company, Millennium Library Park and the Promenade Café's winter patio. "It's really a celebration of seeing the city from a different perspective," said Anders Swanson, director of the Winter Cycling Congress. Swanson said there are a few spaces available for anyone wishing to join the feast. Visit [wintercyclingcongresswinnipeg.org/a-moveable-feast](http://wintercyclingcongresswinnipeg.org/a-moveable-feast) to purchase tickets.

ing machines.

"You can check out an up-to-date map of what's been cleared in the morning before you head out," said Swanson before listing more ideas that are being implemented mostly in Scandinavian nations.

## Government mistake

### Tax oops

The Manitoba government says it may have mailed about 35 tax statements to the wrong businesses.

The Finance department says the statements were for retail sales tax accounts that

were in arrears, and include the business name, account number and amount of tax owing. The department says they were mistakenly put in envelopes with statements destined for other businesses.

The province has notified all sales tax account holders and the provincial ombudsman. **THE CANADIAN PRESS**

## Provincial NDP

### Melnick will not attend party convention

A Manitoba politician who was booted out of the NDP caucus says she will not be attending the party's con-

vention this weekend.

Christine Melnick says she doesn't want to cause a stir that would detract from party business.

Melnick was removed from the government caucus Tuesday, after going public with accusations Premier Greg Selinger's office had made her a scapegoat for an

immigration controversy. Selinger denied the accusation, and said Melnick was ousted because she failed to take responsibility for the issue.

The NDP convention comes at a time when the party's popularity has dropped sharply, according to opinion polls.

**THE CANADIAN PRESS**

1 NEWS

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Hemp Haven has been closed since owner Jeremy Loewen was arrested on Jan. 27. Loewen was released on a promise to appear in court. BERNICE PONTANILLA/METRO

# Winnipeg shop arrests based on complaints: Cops

**Legal grey zone.**  
City councillor says zoning bylaws difficult to implement

Winnipeg police said it was "numerous community complaints" that led to the arrest of the owner of an Elmwood novelty store that sold pipes, bongos and rolling papers.

Police spokesperson Sgt. Natalie Aitken said in an email to Metro that the complaints were made in the spring of 2013.

"Members of the East District community support unit entered into an investigation regarding the distribution of

drug-related paraphernalia," wrote Aitken, adding that a 42-year-old man was arrested on Jan. 27 and is facing charges of promoting illicit drug use and possessing proceeds of property obtained by crime.

Jeremy Loewen, the owner of Hemp Haven, said he was the man arrested despite following the rules set out for shops like his.

Loewen, who said he has a tobacco and business licence, pays his taxes and most importantly never knowingly sells his wares for use with illegal drugs, thinks his arrest may be part of a wider effort to intimidate similar city shops into shutting their doors.

Loewen said he has a strict policy that employees don't

talk about illegal drugs, and won't sell to anyone who says that's why they're in the shop.

Coun. Brian Mayes, who last year proposed a zoning change that would prohibit head shops from setting up too close to schools, said his aim is not to put stores like Loewen's out of business.

"All I want to do is get some distance from these places to schools," said Mayes, a former lawyer. "The raids are city, provincial, federal, they're going to copyright issues. We are not ordering this stuff."

Mayes said the items sold in these stores make it difficult to define in zoning bylaws because they do fall in a legal grey zone.

BERNICE PONTANILLA/METRO

# School tells aboriginal youth he can't smudge

An aboriginal teen in Brandon says his high school told him he couldn't smudge before classes because the strong smell of sage violates a scent policy.

Stephen Bunn, 17, attends Crocus Plains Regional Secondary School.

He says the native tradition, which involves the burning of sage, makes him feel closer to his younger brother, who was 15 years old when he killed himself in June.

He says that earlier this school year, staff approached him and his sister and accused them of coming to school smelling like marijuana.

Bunn said the final straw came in November when a teacher took him to the

principal's office.

On the way, he said, the teacher was telling students not to touch Bunn and pushing them out of the way.

"I was embarrassed and was starting to get mad," Bunn told the aboriginal television network APTN.

The teen said there was no mention of the scent policy in the meeting and the principal asked Bunn if he was smoking weed.

"He said it was school policy that he ask me," said Bunn. "It's obvious it was sage."

In December, Bunn's mother, Sandy Bunn, said she got a call from one of the school's vice-principals.

"We want you to notify us when he does (smudge) so we can send him home

## School statement

The Brandon School Division said in a statement Wednesday that it "actively promotes and encourages respect of a variety of religious and cultural practices, including the practices of our First Nations students and their families." The board said it has asked an elder to work with staff and students to ensure smudging is done so as to minimize any discomfort to others.

for the rest of the day," Bunn's mother said she was told.

She refused.

THE CANADIAN PRESS



## Artists go 24 hours straight for Artbeat Studio

Kathleen Crosby is among seven local artists who got started on pieces for Artbeat Studio's 24-Hour Art-a-thon fundraiser Thursday. Each piece will be auctioned off after the full day of art-making to raise money for the studio's endowment fund. SHANE GIBSON/METRO

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# Spongee tournament for a good cause

**Fundraiser.** Student aims to raise \$5K in memory of her dad



SHANE GIBSON  
shane.gibson@metronews.ca

Sarah Tone's father was just 44 and leading an active and

healthy lifestyle when he was struck down by a rare form of heart disease following a night of physical activity eight years ago.

Tone's father had lived his whole life with an undiagnosed genetic heart condition called Arrhythmogenic Right Ventricular Dysplasia (ARVD), which she's since learned is the leading cause of sudden cardiac death, especially among ath-

letic males like her father.

To raise awareness about heart disease and its various forms among young adults, the 26-year-old Red River College student has organized a sponge hockey tournament and social to raise money for the Heart and Stroke Foundation.

"The whole idea is to have an activity so that people could get fit, at least for a day," explained Tone. Her Between the

Pipes fundraiser takes place Saturday at the Norwood Community Centre.

Roughly 500 players, volunteers, officials and special guests are taking part in the tournament, which runs between 9 a.m. and 4 p.m., and others can help the cause by coming out to the social afterward. For more information, or to donate, see [betweenpipes.wordpress.com](http://betweenpipes.wordpress.com).



Sarah Tone, 26, who lost her father to a rare form of heart disease, set up a spongee tourney to raise money for the Heart and Stroke Foundation. SHANE GIBSON/METRO

## Liquor laws

### Province lets loose for Juno week

After updates to the province's liquor laws giving the go-ahead for more venues to offer live music went into effect Jan. 1, the government is upping the party atmosphere by allowing dining rooms, lounges and hotel beverage rooms to stay open longer and be considered music venues while the Junos are celebrated in Winnipeg March 24 to 30.

"Hosting Junos week in Winnipeg provides us with a great opportunity to showcase our vibrant music scene for the country and make it known

that Manitoba is actually way more cool than cold," said Dave Chomiak, the minister responsible for the Gaming Commission, in a release Thursday.

All licensees, including existing cabarets and legions, will also be allowed to serve booze until 3 a.m. and beer vendors will be able to stay open until 3:30 a.m. during Juno Week.

The government expects to hand out similar authorizations during festivals planned around the Western Canada Music Awards and during the Aboriginal Peoples Choice Awards, which are both being held in the city later this year.

METRO

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## Polo Park. Shopping centre gives customers something to cheer for

Polo Park is holding an opening ceremony of its own on Friday.

The shopping centre has partnered with the CBC to open an Olympic Viewing Lounge at its centre court, providing non-stop coverage from the 2014 Sochi Winter Olympics all day, every day right up until the closing ceremonies.

"There's no reason to stay home, you can catch whatever sport you're really interested in while you do your shopping," explained Polo Park general manager, Deborah Green.

This marks the third Games in a row the shopping centre has opened a viewing lounge, and as well providing customers with a free space to sit and watch the action, Green said a few of the mall's businesses are also teaming up to provide snacks and refreshments.

The CBC Olympic Viewing Lounge will kick off Friday at 2 p.m. with a special rebroadcast of the opening ceremonies and a special appearance from Olympic Silver Medallist, Janine Hansen. SHANE GIBSON/METRO



Polo Park is opening its CBC Olympic Viewing Lounge on Friday. SHANE GIBSON/METRO



The struggling Winnipeg Jets have suddenly become white hot, and this gives us hope. Great hope. Here are five things the Jets have going for them that will see them head to the playoffs this year.

DARRIN BAUMING/FOR METRO  
winnipeg@metronews.ca

1



Paul Maurice

### Paul Maurice

The new bench boss has his club playing with confidence in bunches, going 9-2-0 since taking over in mid-January. It appears Maurice's experience in the KHL last year has changed the way he approaches coaching.

5

## Reasons the Winnipeg Jets are going to make the playoffs

### Olympic break

While a month off may work to negate any momentum the Jets carry, it may also serve as an opportunity for Paul Maurice to take a step back and reassess his club. The winning pace has been torrid. Can they sustain? We think they can.



Time off for Sochi may be good for the Jets.

5

### Struggling competition

Heading into Thursday's action, the Jets sat just two points out of the final Wild Card spot. The teams they are chasing; Minnesota (5-3-2) Vancouver (3-7-0), Phoenix (5-4-1) and Dallas (5-2-3) hold meagre records in their last 10 compared to Winnipeg (8-2-0).



The Jets are chasing the Vancouver Canucks.

2

### Scheifele and Trouba

Jacob Trouba and Mark Scheifele have been huge contributors in their freshman seasons. Trouba has gobbled up ice time like a veteran, while Scheifele anchors a top line, leads all rookies in assists, and has 12 points in his last 14 games.



Mark Scheifele and Jacob Trouba

3

### Returning to health

Evander Kane (hand infection), Jim Slater (sports hernia) and Paul Postma (blood clot) could all be back in the lineup come late February when the NHL returns to action. While the team has played well without them, it can't hurt.



Evander Kane and Jim Slater could be back in the lineup this month.

4



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# Electoral officer strikes back at Tories



Marc Mayrand THE CANADIAN PRESS

**Elections Act.** Debate about sweeping changes has been shut down in the House

Canada's chief electoral officer says the only team sweater he wears is the striped "white and black," and that a Conservative

overhaul of the Elections Act will take the referee off the ice.

In his first comments on sweeping new elections legislation by the Harper government, Marc Mayrand says he hopes there is extensive public consultation and debate over the proposed changes.

Mayrand was responding to comments by Conservative minister Pierre Poilievre, who

introduced the bill Tuesday by saying Canada's elections referee "should not be wearing a team jersey."

"Listen, the only team jersey that I think I'm wearing — if we have to carry the analogy — I believe is the one with the stripes, white and black," a shaking Mayrand said after a hearing on Parliament Hill.

"What I note from this bill is

that no longer will the referee be on the ice."

Mayrand's reaction comes as the government moves to shut down debate in the House of Commons and speed the legislation to committee.

Among other things, the bill would allow political parties to spend more during campaigns, set rules for using robocalls and impose stiffer penalties on

those who abuse automated telephone messaging.

Poilievre's opening shot at the impartiality of Elections Canada came after years of investigations of alleged Conservative wrongdoing that began with the in-and-out financing scheme in the 2006 campaign that brought Prime Minister Stephen Harper to power.

THE CANADIAN PRESS

## 'Not going to change'

### Rob Ford refuses to attend pride

Toronto's mayor is back in the spotlight after making comments about the city's prominent gay pride festival. "I'm not going to go to the pride parade," he told the audience at a debate for mayoral hopefuls running in October's municipal election. "I've never been to a pride parade. So I'm not going to change the way I am." THE CANADIAN PRESS

## 'Invasive' species?

### Wild horses won't run free in Alberta

The capture of some of Alberta's wild horses is sparking anger from critics. The Alberta government says feral horses are an invasive species and damage the environment, so it's approved the capture of up to 200 for breeding and to be slaughtered.

THE CANADIAN PRESS

## Federal budget

### Public-sector sick days cost \$871M

The federal budget watchdog says public servants take an average of 11.5 paid sick days a year, compared with 18 days reported by Treasury Board President Tony Clement. The parliamentary budget office estimates the salary paid for sick days reached \$871 million in 2011-12, about 68 per cent higher than 10 years prior. THE CANADIAN PRESS

## Kicking the homeless

### Online video may result in charges

Vancouver police say they found videos of a man allegedly kicking two homeless people in the groin in exchange for money "extremely concerning" and are considering laying charges. A video that appeared on YouTube Wednesday shows the suspect kicking the two victims. METRO

# Drummer in Harper's band charged with sex assault

The RCMP says Phillip I. Nolan, who plays drums in a band that often accompanies Prime Minister Stephen Harper, is facing charges of sexual assault and sexual interference against two girls.

A spokesman for Harper says the Prime Minister's Office is "shocked and disturbed" by the charges, which allegedly involve two girls under the age of 14 at the time of the incidents.

Nolan, 43, is also a teacher at Avalon Public School, a middle school in east Ottawa. The Ottawa-Carleton District School Board said in a statement Nolan was removed from the classroom when an investigation began and was suspended Thursday after Ottawa police laid the charges.

Nolan faces five counts each of sexual assault, sexual interference, and sexual ex-

ploitation.

After a court released him on a \$5,000 bond Thursday afternoon, his Toronto-based lawyer, Lou Strezos, said his client is also "very shocked" about the charges.

"He has no criminal record," said Strezos. "He maintains his innocence."

Police allege the incidents took place between 1998 and 2000 during Nolan's tenure as a teacher of Grade 7 and 8 students.

Police said in a news release they are concerned there could be other complainants in the case.

Harper's office said it had no inkling about the matter.

"We are obviously shocked and disturbed by these serious charges," the PM's communications director Jason MacDonald said in a statement. JOE LOFARO/METRO IN OTTAWA



Phil Nolan, far right, who plays drums in the band that often accompanies Prime Minister Stephen Harper, is facing multiple charges of sexual assault, sexual interference and sexual exploitation. CHRIS YOUNG/THE CANADIAN PRESS FILE

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## Sochi games. Russia's anti-gay law is target of new human rights ad

The Olympics have always been a little bit gay.

At least, that's the idea behind a new ad released just days prior to the 2014 Winter Games in Sochi.

The ad shows two male figures thrusting back and forth as they prepare to take off luge sledding. The 30-second spot was a last minute collaboration between the Canadian Institute of Diversity and Inclusion and Rethink creative agency in Toronto.

Backed with the popular 1980s tune Don't You Want Me by The Human League, it ends with the words: "The games have always been a little gay. Let's fight to keep them that way."

While homosexuality is no longer illegal in the Olympic host country, it passed a law barring the promotion of "non-traditional sexual rela-



This YouTube image showing two lurers in a suggestive pose is from an ad produced in response to the worldwide controversy created by Russia's law barring promotion of "non-traditional sexual relations."

SCREEN GRAB

tions" to minors.

With just days left before the games open Friday, Human Rights Watch expressed concerns homophobic violence is escalating.

TORSTAR NEWS SERVICE

## Olympics. Some heading to the games reporting 'hassle-free' security

Despite a temporary Russian ban on liquids in carry-on luggage, some air travellers heading to the Sochi Olympics through Moscow have brought toothpaste and other toiletries past security checkpoints without any problems.

Security concerns ahead of the Sochi Games were renewed after the U.S. Homeland Security Department warned airlines flying to Russia that terrorists may try to smuggle explosives into the country in toothpaste tubes.

Yet six Associated Press employees arriving in Moscow from across the world or beginning their journey there passed through security without having to remove toothpaste, hand lotion or water bottles.

Quoted

"I had an empty 1-1/2 litre water bottle because I was hoping to fill it up on the plane but no one checked it."

Matt Segal, an Australian tourist, who travelled from Moscow to Sochi Thursday.

Another AP journalist, arriving in Moscow from Singapore, said a security official checked his deodorant and then returned it, but didn't make mention of a small tube of toothpaste.

Others heading to Sochi said their experience of airport security was surprisingly hassle-free.

THE ASSOCIATED PRESS

## Newfoundland. Gay flag raised at legislature

The Newfoundland and Labrador government says it wants to show its support for human and gay rights as the Sochi Olympics get underway.

A rainbow flag will be raised Friday at the provincial legislature in St. John's to coincide with the opening

of the Winter Games in Russia, where a law signed in July outlaws so-called pro-gay propaganda that could be accessible to minors.

The government says raising the flag is meant to show its support for human rights regardless of sexual orientation. THE CANADIAN PRESS

# Student's death spurs debate on segregation

**Saudi university.** Male paramedics not given immediate permission to enter campus to treat female: Witness

Thousands of Saudis vented their anger online over a report Thursday that staff at a Riyadh university had barred male paramedics from entering a women's-only campus to assist a student who had suffered a heart attack and later died.

The Okaz newspaper said administrators at King Saud University impeded efforts

by the paramedics to save the student's life because of rules banning men from being on-site. According to the paper, the incident took place on Wednesday and the university staff took an hour before allowing the paramedics in.

However, the university's rector, Badran Al-Omar, denied the report, saying there was no hesitation in letting the paramedics in. He said the university did all it could to save the life of the student, who was identified as Amna Bawazeer.

Her death sparked a debate on Twitter by Saudis, who created a hashtag to talk

Quoted

"We need management who can make quick decisions without thinking of what the family will say or what culture will say."

Aziza Youssef, a professor at King Saud University.

about the incident. In the debate, many Saudis said the kingdom's strictly enforced rules governing the segregation of the sexes were to blame for the delay in helping Bawazeer.

Following Wednesday's

incident, professors at King Saud University also demanded an investigation.

One staff member who witnessed the situation said paramedics were not called immediately. She said they were also not given immediate permission to enter the campus and that it appeared that the female dean of the university and the female dean of the college of social studies panicked.

Al-Omar said the staff called campus health officials within minutes of Bawazeer collapsing and that about 25 minutes later they called paramedics.

THE ASSOCIATED PRESS



## Ukraine protesters 'tired of waiting' for parliament to act

Anti-government protesters armed with sticks rally near the parliament building in central Kyiv, Ukraine, Thursday. About 2,000 demonstrators marched toward parliament carrying a banner reading: "We are tired of waiting." Protesters said they were ready to resume clashes with police, if parliament's inaction continued. They want Yanukovich to resign and a new election to be held, as well as more human rights and less corruption in their nation of 45 million people. EFREM LUKATSKY/THE ASSOCIATED PRESS

India

### Seven arrested for alleged gang rape

Police say they have arrested seven people for allegedly raping a co-worker's wife and aunt in Mukti Rachak, a village 40 kilometres north of Kolkata in India's West Bengal state.

A series of rapes in India have sparked widespread outrage over chronic sexual violence and government's failure to protect women.

The man's 28-year-old wife and 40-year-old aunt were also cut by blades, but were in stable condition at a local hospital.

THE ASSOCIATED PRESS

Greece

### Man arrested over earthquake hoax

Police have arrested a 44-year-old man in southern Greece for allegedly posing as an official from the country's main seismological institute, following powerful earthquakes

on the western island of Kefalonia.

Police on Thursday alleged that the man, pretending to be from the Institute of Geodynamics in Athens, called a 62-year-old woman and warned of another major quake. The motive for the call was unclear. THE ASSOCIATED PRESS





Soylent founder and CEO Rob Rhinehart holds a glass of Soylent. FACEBOOK

# THE FUTURE OF FOOD?

Founder of Soylent says healthy food is expensive and difficult to prepare — and his controversial meal replacement product could be coming to Canada



JESSICA SMITH CROSS  
Metro in Toronto

Canadians won't have to wait for a far-off dystopian future to try the controversial Soylent meal replacement product, as the inventor says the company is eyeing Canada as its first international market after it begins shipping to U.S. customers on March 1.

CEO Rob Rhinehart was an electrical engineer at a start-up in California, with insufficient time and money to eat well, when he decided to create

something fast and cheap that contains everything humans need to survive.

Soylent comes in two packets, powder and oil, that are mixed with water to form a grayish liquid. It contains no people and costs less than \$10 a day.

"Traditionally, healthy food can be very difficult to prepare and very expensive," said Rhinehart. Soylent has a nutrition label that shows a full complement of nutrients, along with carbs, protein and fibre.

"There's a lot of regulation in food," said Rhinehart. "We

have gone through all of the hurdles and testing and labeling and process control."

Rhinehart said the label doesn't tell the whole story — that Soylent has a complete amino acid profile and, according to the company's tests, a low glycemic index.

Rhinehart was Soylent's first test subject and he lives "90 per cent" on Soylent today, eating only the occasional social meal. He's gone through long periods of eating only Soylent, and "beta testers" — a tech term for people who try out a new product before it's release — have done the same.

Soylent raised more than \$2 million in pre-orders and found venture capital support. It has a community of DIY Soylent makers working on their own Soylent-like food hacks.

It also has many critics.

Two Canadian doctors who are experts in nutrition recommended that consumers wait until Soylent undergoes clinical testing.

Dr. David Lau, a professor of medicine biochemistry and molecular biology at the University of Calgary and the president of Obesity Canada, said Soylent's ingredients "appear very complete," but he's concerned about how well they will be absorbed.

Gut flora, the micro-organ-

## Living on Soylent

**"If someone starts doing this to simplify their lives, they don't have to spend as much time eating well and just by default will end up getting a lot healthier."**

Soylent founder and CEO Rob Rhinehart

isms that live in the digestive tract, are essential to human health but are still not well understood and the effect a Soylent diet would have is unknown, he said.

He said using beta testers is "hocus pocus" and doesn't replace clinical trials that could determine the long-term effects of Soylent.

Dr. David Jenkins, a University of Toronto professor and the Canada research chair in nutrition and metabolism, said he'd like to see testing on the product's glycemic index. How the body absorbs Soylent and its post-meal effects are essential to understanding how useful and healthy it is, he said.

Rhinehart has dealt with similar concerns in the past. "If this becomes a problem the amounts can be changed to compensate," he wrote in a post on his site.



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Canada



## Olympian Cherie Piper offers her predictions for the 2014 Games

### About Cherie Piper:

- Age: 32
- Olympic gold medals: Three — 2002, 2006 and 2010
- World Championships: One — 2004
- Retired from Team Canada: Spring of 2013

### Canadian to watch

Natalie Spooner, from Toronto. She's big, strong, a natural goal scorer.



### International player to watch:

Noora Raty, known as the Finnish Fence. She gives Finland very strong goaltending. She's a game-changer.



### Top 3 nations:

Gold: Canada  
Silver: U.S.  
Bronze: Finland



# There were jeers before cheers



Cherie Piper at Blyth Academy in Whitby. She became a teacher at the school after retiring from Team Canada, and coaches hockey in the school's advanced sports program.

ELIZABETH BEDDALL/METRO

**'Out on the ice, you can hear everything.'** Olympic gold-medallist and Canadian hockey hero overcame taunts, insults to succeed



FERNANDO CARNEIRO  
Metro in Toronto

Cherie Piper is a Canadian hockey hero.

So who would bully her? Me. And a good many others from my high school.

In 1996, Piper's high school, Albert Campbell CI, played my school, Sir Winston Churchill, in the Scarborough B finals.

When we met last month, Piper said she remembers that game well. "Out on the ice, you can hear everything that's yelled," she said. Ouch!

Churchill had a bus full of students at the arena to cheer on our girls. And we didn't know the difference between

supporting our team and putting down the opposition.

And Piper was the opposition. She skated circles around our girls and scored most goals in the blowout that followed.

Sharon Mejia, now 34, played against Piper.

"It was very frustrating, because she was clearly way above everybody else on the team," Mejia said.

So the Churchill crowd, mostly boys who saw the game as an opportunity to skip class, booed Piper. A lot.

"We were rowdy. We said things to bring her confidence down," said Imer Hernandez, who was in the stands.

Mejia said the more Piper was booed, the more she seemed to want the puck, and as Campbell ran up the score, the more insulting the Churchill kids became. The insults eventually turned sexual.

I was there, as Churchill's mascot, wearing a bulldog costume with an oversized head. I remember looking through the eyeholes and seeing Piper's dad put his arm around her mom



Sharon Mejia, bottom-row right, Fernando Carneiro, top-row centre (in the bulldog costume) and the 1995-96 Sir Winston Churchill women's hockey team.

SIR WINSTON CHURCHILL 1995-96 YEARBOOK

as she wiped her eyes.

"My mom and dad used their energy to protect me," Piper said.

While people accused her of embarrassing the other team, Piper said she thought of her teammates, many using equipment borrowed from Piper.

"Our goalie one year had never put on skates before," Piper said. "I used to run skating drills with the girls."

She remembers their weekly practices well. "Nobody

understands how much fun we had as a team," she said.

Nearly 16 years later, Hernandez said he's impressed by Piper's mental toughness.

"She was so young. I'd like to congratulate her for playing to the best of her ability while blocking all that."

As rough as the insults hurled at Piper in the Scarborough finals were, she said they're far from the worst.

Due to a shortage of girls playing hockey, when Piper

was eight, her parents had the choice of enrolling her in an under-16 women's league or a team of eight-year-old boys. They chose the boys' league.

"Some of the worst things were things that mothers from the other team would yell at me. They would tell their sons to go injure me or kill me," Piper said. "They couldn't handle the fact that their son was beat by a girl."

The behaviour of the Churchill kids at the Scarborough finals is learned behaviour, Piper said. She's now in a position to influence children differently — since retiring from the national team, she has become a teacher for Blyth Academy in Whitby.

"In my classroom there's no putting people down. There's no treating people differently," Piper said. "Retirement (from hockey) has been nice. I'm just enjoying being a normal person and not having to be at the rink or practice all the time."

When we parted, I apologized on behalf of Churchill. She accepted it graciously.

### Little Cherie

*The girl? She's the one who scored on you*

The first time Chris Piper watched her daughter climb a rope in gymnastics she was in for a big surprise. "Oh my God! That's my kid?" she asked.

While most other children were wobbling along, Cherie made it to the top.

To her mom, it was unfair that as a child Cherie was singled out for being "too good" and for taking up a spot on a boy's team.

"We would be at a tournament and hear parents talk about one team having a girl. They wouldn't look at the top players, they always guessed the boy with the long hair. They would yell at him and say that he shouldn't be on the ice," Chris Piper said. "I would reply, 'See the player who just put the puck in your net? That's the girl.'"

But there were times when Cherie cried.

"I said, 'Honey, if you want to quit, make it your decision. Don't let those people make the decision for you.'"

FERNANDO CARNEIRO/METRO



A young Cherie Piper is seen in this undated photo.

COURTESY CHRIS PIPER



### Rubber hits the road

## It's namaste for yoga-mat chemical in Subway's bread

Subway says it's in the process of removing a chemical from its bread as part of an ongoing effort to improve its recipes.

The news comes after a blogger launched a petition this week asking the sandwich chain to stop using azodicarbonamide. The chemical, used in the bread "as a bleaching agent," is also used to make yoga mats and rubber shoes.

THE ASSOCIATED PRESS

### Crossrail set for 2018

## Bombardier wins \$1.6B rail contract

Bombardier Transportation appears to have solidified the future of its British rail plant in Derby after being selected as the winning bidder in a \$1.6-billion US contract to supply trains and a depot for London's transportation system.

THE ASSOCIATED PRESS

### 241 million users

## Twitter could use more followers as stock drops

Twitter's stock is sinking on worries that the short online messaging service is not popular enough.

Twitter Inc. had reported stronger-than-expected revenue and adjusted earnings in its fourth-quarter financial report Wednesday, its first as a publicly traded company.

But its user numbers signalled that growth is slowing. Twitter had 241 million users at the end of 2013.

THE ASSOCIATED PRESS

### Market Minute

**DOLLAR**  
90.33¢ (+0.08¢)

**TSX**  
13,713.40 (+153.71)

**OIL**  
\$97.84 US (+\$0.46)

**GOLD**  
\$1,257.20 US (+\$0.30)

**Natural gas:** \$5.02 US (-\$0.14)  
**Dow Jones:** 15,628.53 (+188.30)

# Will BlackBerry meet its Waterloo in keyboard battle?

**Or will it be Seacrest out?** Typo Products and Canada-based company in war of words over QWERTY add-on for iPhone 5 or 5S

Typo Products says BlackBerry is trying to hold a monopoly over smartphone keyboards, and that it shouldn't have to take its new iPhone case off the market.

The Los Angeles-based company, co-founded by American Idol host Ryan Seacrest, filed documents Wednesday in a California court defending itself against a patent-infringement lawsuit.

BlackBerry accuses Typo of copying its keyboard design in an effort to capitalize



Typo Products' iPhone keyboard case. TYPO PRODUCTS/THE CANADIAN PRESS

on the smartphone maker's "commercial recognition and goodwill."

The company is seeking numerous rulings, including damages from Typo, all of Typo's profits and a stop to future sales of the keyboard technology.

The suit was filed in January and none of the allegations have been tested in court.

Typo disputes the claims made by BlackBerry. The Typo case attaches to an iPhone 5 or 5S, two recent Apple smartphone models, both of which have touchscreen keyboards.

In its response, Typo attached pictures of various keyboard designs that date as far back as Smith Corona typewriters.

"The QWERTY keyboard has been around since the 1870s and has been present in many messaging devices," Typo said in the documents.

THE CANADIAN PRESS



## G.I. Joe still in fighting form as he hits the big 5-0

G.I. Joe action figures portray Raising the Flag on Iwo Jima in a display at the New York State Military Museum in Saratoga Springs, N.Y. A half-century after the 12-inch doll was introduced at a New York City toy fair, the iconic action figure is being celebrated by collectors with a display at the military museum, while the toy's maker plans other anniversary events to be announced later this month. Since Hasbro's "movable fighting man" hit the shelves in 1964, G.I. Joe has undergone many changes, some the result of shifts in public sentiment for military-themed toys, others dictated by the marketplace. MIKE GROLL/THE ASSOCIATED PRESS

## Thailand. Rice-subsidy program turns sour for embattled government



Thai farmers show their rice certificates during a rally to speed up payment for the price of their crops in Bangkok on Thursday. THE ASSOCIATED PRESS

An ambitious rice buying program that Thailand's ruling party hoped would aid millions of its poor rural supporters may instead help bring down the increasingly cornered government.

Hundreds of farmers from more than 10 provinces converged Thursday on the capital to demand rice payments that are several months overdue after the policy caused ruinous losses. Some have blocked three main highways in the north and the west, while a few hundred in the ruling

party's northeastern heartland protested at a provincial government hall.

With the help of populist policies such as the rice pledging scheme, Prime Minister Yingluck Shinawatra's party won a landslide election victory in 2011. But it suffered a self-inflicted and crushing setback late last year by attempting to amnesties Yingluck's elder brother, Thaksin Shinawatra, so he could return to the kingdom without serving prison time for a corruption conviction. THE ASSOCIATED PRESS

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**PLEASE QUOTE: "ADVERTISING SALES REPRESENTATIVE - Winnipeg" in the Subject Line. All submissions will be treated as confidential.**



# OF SUPER BOWLS AND SPYING

**1 Black History Month.** It's February again, and another great opportunity to learn all about the heroes that have shaped, not just the history of black people in North America, but the whole world. Until it's over and schools go right back to using the same old textbooks. Something tells me we're still a few Februaries away from complete enlightenment. #BHM

**2 Bad, bad boy.** It was the end of the world. There was darkness and violence and depravity. There were loud noises of motors running high, children crying and sirens wailing. Signs of the apocalypse? Nope, just Justin Bieber on the news again. #Bieber, #Bieberstripper, #DUL....

**3 #MattressMack.** The Houston furniture store owner's promotion backfired when he offered customers a full refund if the Seahawks were to beat the Broncos. Jim McIngvale honoured his commitment to the tune of \$7 million, but he did it gladly, because it was still cheaper than running a commercial during the Super Bowl.



THE METRO LIST

Mike Benham

metronews.ca

**4 SUPER BOWL XLVIII.** Poor Peyton Manning. All everyone did was talk about his football pedigree and five MVPs, but the closest the Broncos came to a touchdown dance was Bruno Mars' halftime performance. Oh sure, they scored a touchdown, but not while anyone was still watching. #worstsUPERBOWLEVER

**5 Seconds of Summer.** I have never heard a single original song by this Australian boy band, but the social media gods seem to smile on them because #5SOS keeps trending high. That's a whole lot of tweets. Now, if only they were actually saying something.

**6 Woody Allen.** The only thing funny about this story is how many twitter-ers or twits, or whatever, did not know that Allen was once

pseudo-stepfather to Soon-Yi, his wife. Some argue that she was adopted by Mia Farrow, not Woody, though he dated her for 12 of the child's formative years. It is not illegal. But to put matters into perspective, Allen and Farrow's biological son Ronan once

said, "My father is married to my sister. I'm his son and his brother-in-law!" #What??

**7 Hoop-la.** Raptors point guard Kyle Lowry was named the NBA's Eastern Conference Player of the Week, despite having been snubbed for the All-Star game. Technically, that was last week, but I still haven't gotten over it.

**8 I spy.** John Forster, head of Canada's eavesdropping agency, was all over social media and the news when he denied spying or any breach of privacy. For most of us, it was enough to just discover that we had an EAVESDROPPING agency!

**9 Carrying the torch.** Earlier this week, despite concerns about the venue for this year's winter games, Russian President Vladimir Putin declared that Sochi was ready. That could mean they're ready for the games, or that all pro-gay activists have been contained. Either way, they're ready. #sochi2014

**10 Facebook.** The pioneer social media site celebrated their 10th birthday this week. Ten years since dear old friends who'd drifted apart could find each other again, and 10 years since everyone else could too. Cheers! #BestofFacebook

## ZOOM

### Sochi starts, protests continue



YVES LOGGHE/THE ASSOCIATED PRESS

#### The world is watching

Gay rights activists stage a protest that they say evokes the hate crimes and humiliations that are motivated by homophobia in Russia, in Antwerp,

Belgium, Thursday. The Sochi Winter Olympics have begun, and many will be watching to see whether Russia will enforce its law banning gay "propaganda" among minors if athletes, fans or activists wave rainbow flags or speak out in protest.

THE ASSOCIATED PRESS

#### IOC's stance

- The IOC has reminded athletes that "no kind of demonstration or political, religious or racial propaganda is permitted in any Olympic sites." Athletes will be free to express their opinions at news conferences, however.

#### Russia's stance

- Vladimir Putin has said gays will be welcome in Sochi if they "leave the kids alone."
- Russia initially banned protests during the Games. Following international outcry, it set up a designated protest zone.

#### Clickbait

LUKE SIMCOE  
Metro Online

Just because you're not in Sochi for the Winter Games doesn't mean you can't pretend. With your phone at your fingertips there are plenty of podium-ready apps to help you get into the Olympic spirit.

#### Sochi 2014 Medal Alert:

The official app of the Winter Games, it allows you to follow your favourite events or teams and get notified whenever a medal is awarded. Available for both Android and iOS.

#### SkiFree:

A veritable classic, this retro downhill skiing game has been ported to iOS. Follow an intrepid skier as he carves through gates while avoiding obstacles and the occasional Yeti. An Android version of the game, entitled You Are The Yeti!, lets you play as the titular sasquatch.

#### Age of Curling:

Nothing says Winter Olympics like burning a rock in the fourth end. If that sentence made any sense to you, try Age of Curling for iOS. Hailed as one of the better mobile curling games, it lets you play at venues like an 18th century Scottish castle.



THE CANADIAN PRESS FILE

#### Twitter

The creator of the Labradoodle says he has regrets about starting the designer dog craze because of health risks. But if you could mix any two breeds (with no health repercussions), what would you make?

@Zom8ieQuEEn a pit bull and a grey hound better watch out when it catches ya lol

@evilaudi why must people cross breed dogs? There are so many breeds to choose from it is impossible to not pick one

@kjbwbf I love my Bugg (Boston Terrier x Pug)



@MegBlumenthal I would mix a Shar-Pei and a Poodle. The refined 'Poo-Pei'

@Canucklehead\_ca Clearly 'Snoop Dogg' with 'Pitbull'. (I have no idea how breeding works)

#### Letters

RE: Website Helps Women Get Free Breast Implants, published Feb. 5, 2014

There are many people in countries that need life saving surgery and do not have the money. For the girl that wants breast implants and is getting donations, maybe you should just be thanking God that you have your health. A. Grossi, Toronto

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [winnipegletters@metronews.ca](mailto:winnipegletters@metronews.ca)



## Synopsis

Based on the book *The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History* by Robert M. Edsel, the movie stars Clooney, Matt Damon, Bill Murray, John Goodman, Jean Dujardin, Bob Balaban and Hugh Bonneville as a motley crew of art historians, engineers and museum directors recruited to locate and rescue priceless art works stolen by the Nazis. When two members of their team are killed they are no longer observers but active participants in the war.

Richard: ●●●●●

Mark: ●●●●●



George Clooney co-wrote *The Monuments Men*, which opens this weekend. CONTRIBUTED

## Reel Guys

### RICHARD CROUSE AND MARK BRESLIN



# Nothing monumental

**The Monuments Men.** George-Clooney-penned story about saving art in the Second World War skews a little too sentimental

**Richard:** Mark, this is a war-time comedy. Think Hogan's Heroes by way of Leonardo Da Vinci and you'll get the idea. It has some mild laughs — the biggest giggle, for Canadians anyway, comes from the Parisians who blame Matt Damon's terrible French on having spent too much time in Montreal — but also a great deal of reverence for the art and the work of the real-life monuments men. But what might have been an edgy, exciting look at an under-

reported slice of World War II history is reduced to an elegantly directed but somewhat dull film.

**Mark:** Richard, I was really looking forward to this movie. Three of my major obsessions are George Clooney, Nazis and art, although not necessarily in that order. But you're right; the movie is kind of a snooze in parts. There are some great scenes, but they don't quite add up. And at no time did I feel much of a sense of danger, probably because the war is ending and the Germans are already on the run. The great cast is mostly split up during the movie, so the expected camaraderie is absent. But there's one great reason to see this movie, and that's the prominent role of prickly nerd Bob Balaban.

**RC:** The cast is terrific. Balaban is a great actor, and an under-used one, so it's always cool to see him trotted out in anything, but for me Bill Murray shows, once again, in a brief scene in a shower (no spoilers here), how his understated style can move an audience. No problems with the acting, but co-writers Clooney and longtime collaborator Grant Heslov appear to have taken a dose of sentimentality pills before putting pen to paper. The earnest, reverential tone is reinforced by old school pacing that focuses on the character and art over action and a rousing soundtrack that sounds airlifted in from a classic war-time era movie.

**MB:** Bill Murray, as always, proves that less is indeed more. There's a quasi-romance between Matt Damon and Cate

Blanchett that seemed forced to me, not to mention she wears the ugliest pair of shoes in the history of cinema. But all through the movie there's a moral dilemma that keeps being rammed down our throats. Is art valuable enough to risk human life for? The movie tells us over and over that it is, but to be honest, Richard, I'm not so sure. And if you're not sure, the urgency falls apart.

**RC:** It seems like you noticed Blanchett's shoes more than the art. Therein lies the movie's central problem.

**MB:** Well, I'm more of a modernist anyway. When they tell the story of how the Germans burned the Klees, Braques, and Picassos I nearly wept. This isn't a bad movie, Richard. I just hoped for a great one.

# 2 SCENE

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# Filmmaking gets a little more Femme

**Femmes Lab.** What started as a wild idea at the Whistler Film Festival has turned into a screenplay writing boot camp for six lucky women



**RICHARD CROUSE**  
scene@metronews.ca

Filmmaker Ingrid Veninger says the pitch for the script writing initiative Femmes Lab, “could have back-fired badly.”

The actor-turned-director-turned-Renaissance-woman was on stage at the Whistler Film Festival in December receiving an EDA award from the Alliance of Women Film Journalists for her latest film, *The Animal Project*, when a notion struck her.

“I started to talk about the Femmes Lab at the podium,” says Veninger. “Six Canadian

women will write six screenplays in six months. Then I took the leap to invite someone to step up for \$6,000. At first the room was silent. So, I started counting down: 6, 5 ... and before I hit 4, a woman shot her arms in the air and said, ‘I’ll do it!’ My heart was racing and it was only later I realized it was Melissa Leo. Melissa approached me quietly and said, ‘This is going to happen. I will get you a cheque before the end of the year.’ And, she did.”

For her donation, the Frozen River Academy Award winner Leo gets a first look at six scripts written by a hand-picked group of female Canadian writers and directors including Veninger, Danishka Esterhazy, Michelle Latimer, Sophie Deraspe, Anais Granofsky and Mars Horodyski.

“It’s not your traditional kind of script development,” says Veninger, “that’s for sure. It’s almost more like a coven. We’re not actually casting spells, as we conjure these new screenplays, but sort of.



Ingrid Veninger. CONTRIBUTED

The nuts and bolts is that we meet in person once a month from January until June, mostly in Toronto. And, month to

month we each have to move our screenplays forward, so that by the end of June, we have six completed scripts. But

## Quoted

**“I can say that in my past 20 years of making movies, I have not experienced anything like this. First off, the six of us are very different and we bring a diverse range of experiences and perspectives to the table.”**

Ingrid Veninger on writing a script in the Femmes Lab

what happens in the actual lab session is a secret. I can say that in my past 20 years of making movies, I have not experienced anything like this. First off, the six of us are very different and we bring a diverse range of experiences and perspectives to the table. Our sessions are minimally nine hours, but can also last the whole weekend.”

One of the participants, Mars Horodyski, said, “For me the pUNK Films Femmes Lab offers a supportive creative space where you are encouraged to do something different, brave and representative of who you really are. Something really special happens when you get a group of

women together to collaborate in this way. It’s different from anything I’ve ever been a part of and I’m excited to see the outcome.”

Veninger says this edition of pUNK Films Femmes Lab is likely to be “a one time thing. I’m happy to spark the fire, but it’s most exciting to see how others keep it going.”

It seems that spark is about to ignite.

“After Whistler, I received a message from a filmmaker in L.A. saying, ‘we should do a Femmes Lab in Los Angeles’, and my response was, ‘go ahead and do it. Make it happen. We have nothing to lose. Now is the time.’”

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.

Ratings: Certified Fresh: 🍅 Fresh: 🍅 Rotten: 🍌 Audience response: 🍷 Audience anticipation for the film: +

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## Animation



### The Lego Movie

Director. Phil Lord, Christopher Miller

Stars. Chris Pratt, Elizabeth Banks

This story follows Emmet (Chris Pratt), an ordinary, rules-following, perfectly average LEGO mini-figure who is mistakenly identified as the most extraordinary person and the key to saving the world. He is drafted into a fellowship of strangers on an epic quest to stop an evil tyrant, a journey for which Emmet is hopelessly and hilariously under-prepared.

Rotten Tomatoes™ score  
Critics: 100% Audience: + 96%

## Action-Comedy



### Vampire Academy

Director. Mark Waters

Stars. Zoey Deutch, Lucy Fry, Daniela Kozlovsky

Rose Hathaway (Deutch) is a Dhampir: half human-vampire, guardians of the Moroi, peaceful, mortal vampires living discretely within our world. Her legacy is to protect the Moroi from bloodthirsty, immortal Vampires, the Strigoi. This is her story.

Rotten Tomatoes™ score  
Critics: TBA Audience: + 86%

## Comedy/Romance



### That Awkward Moment

Director. Tom Gormican

Stars. Zac Efron, Michael B. Jordan

Zac Efron, Miles Teller and Michael B. Jordan star in the R-rated comedy, *That Awkward Moment*, about three best friends who find themselves where we've all been- at that confusing “moment” in every dating relationship when you have to decide “So...where is this going?”

Rotten Tomatoes™ score  
Critics: 22% Audience: 🍷 56%



# Abbie Cornish on a Robocop rewind

## A simpler time.

Australian actress reminisces about watching 1980s classic until her VHS tape wore out



**NED  
EHRBAR**  
Metro World News in Hollywood

Abbie Cornish has fond memories of the original Robocop, having grown up in Australia watching, re-watching and eventually wearing out a VHS copy of the 1987 film at far too young an age, thanks to her older brothers. So she hopes other fans of Paul Verhoeven's ultra-violent action flick will take her involvement in José Padilha's PG-13 remake as a major vote of confidence.

**It was a different time, when you had to worry about VHS tapes wearing**



Robocop, starring Abbie Cornish, opens next Wednesday. CONTRIBUTED

**out.**

And it was so devastating when they did — or if they tore! And sometimes you couldn't replace them either. It seems so silly,

you'd be 10 years later trying to find another VHS of Robocop and you can't. It's like all of a sudden it becomes a collector's item. It's different now.

**What were some of your favourite parts of the original?**

I mean, that scene is crazy when he goes in on his own and he gets blown apart.

I know it sounds really violent because I was, like, 5 or 6 when I watched that, but that scene is just insane. It's really classic. I love that movie. I really enjoyed watching it again. I watched it a couple of times before we made the movie, and people were like, 'Don't do that!' I was like, 'But I love it!'

**Plus, this version is pretty different from the original.**

Yeah, it's different. It's a whole different entity. Look, I really hope that the people who are skeptical about the film and are saying that they're not going to watch it because 'we love the original Robocop and they shouldn't have remade it,' I really hope that they go to the cinemas and watch it because I think that they'll be pleasantly surprised.

**The default position of any remake is skepticism, though.**

I guess so. Maybe I've just never been privy to it. We retell stories all the time. Sometimes they're very well done and sometimes not so well done, so I can understand people's skepticism about that as well.

**What are some of your favourite tricks of the trade for tapping into a character?**

I listen to a lot of music while I work. I usually make a playlist for each film that sums up what that character's journey is throughout the film, so I can always go back to it and go back to it. Basically it's like home. Or sometimes if I feel a bit lost on the way to work in regards to what we're doing, I'll pull up a Turner painting and just stare at it for half an hour, and that will just give me something for the day. Because sometimes, to be honest, I don't know what I'm doing as an actor and I like that feeling.

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## Cinema City McGillivray 2190 McGillivray Blvd.

American Hustle (14A) Fri 4-7:05-10:10  
Sat-Sun 1-4-7:05-10:10 Mon 4-7:05-10  
Tue 4-7:05-10:10 Wed-Thu 4-7:05-10  
Frozen (G) Sat-Sun 12  
Frozen 3D (G) Fri 4-6:45 Sat-Sun 2:40-  
5:20-7:55 Mon-Tue 4-6:45  
Jack Ryan: Shadow Recruit (PG) Fri 9:20  
Sat-Sun 10:25 Mon-Tue 9:20  
Labor Day (PG) Fri 4:10-6:55-9:35  
Sat-Sun 1:15-4:10-6:55-9:35 Mon-Thu  
4:10-6:55-9:35  
The LEGO Movie (G) Sat-Sun 12:10  
The LEGO Movie 3D (G) Fri 4:15-6:55-  
9:25 Sat-Sun 2:45-5:15-7:50-10:15 Mon-  
Thu 4:15-6:55-9:25  
The Monuments Men (PG) Fri 4:20-  
7:10-10:05 Sat-Sun 1:30-4:20-7:10-10:05  
Mon 4:20-7:10-9:55 Tue 4:20-7:10-10:05  
Wed-Thu 4-6:55-9:45 Fri 7:15-10 Sat-Sun  
3:45-7:15-10 Mon 6:30-9:15 Tue 7:15-10  
Wed-Thu 6:20-9:10  
The Nut Job (STC) Sat-Sun 12:15  
The Nut Job 3D (STC) Fri 4:45-7 Sat-Sun  
2:30-4:45-7 Mon-Thu 4:45-7  
Ride Along (14A) Fri-Thu 9:15  
RoboCop (PG) Wed-Thu 4:20-7:10-9:55  
Wed-Thu 7-9:40  
That Awkward Moment (14A) Fri 4:40-  
7:25-9:55 Sat-Sun 2-4:40-7:25-9:55 Mon-  
Thu 4:40-7:25-9:55 Fri 6-10:30 Sat-Sun  
3:20-6-10:30 Mon 7:20-9:45 Tue 6-10:30  
Vampire Academy (PG) Fri 5:30-8:05-  
10:35 Sat-Sun 12:30-3-5:30-8:05-10:35  
Mon 4:15-7-9:35 Tue 5:30-8:05-10:35  
Wed-Thu 4:15-7-9:35  
The Wolf of Wall Street (18A) Fri 6:30-9  
Sat-Sun 3-6:30-9 Mon 8 Tue 6:30-9  
Wed-Thu 8

## Cinema City Northgate 1399 McPhillips Street

47 Ronin 3D (14A) Fri 6:55-9:45 Sat-Sun  
1:25-4:05-6:55-9:45 Mon-Thu 5:40-8:15  
Anchorman 2: The Legend Continues  
(14A) Fri 6:50-9:30 Sat-Sun 1:20-4-6:50-  
9:30 Mon-Thu 5:45-8:20  
The Book Thief (PG) Fri-Sun 9:15 Mon-  
Thu 7:30  
Bride for Rent (PG) Fri 7:20-9:50 Sat-Sun  
2:10-4:40-7:20-9:50 Mon-Thu 6-8:30  
Cloudy With a Chance of Meatballs 2 (G)  
Fri 7:15 Sat-Sun 1:40-4:20-7:15 Mon-Thu  
5:30  
Dallas Buyers Club (18A) Fri-Sun 9:25  
Mon-Thu 7:40  
Delivery Man (PG) Fri 7:30-10 Sat-Sun  
2-4:50-7:30-10 Mon-Thu 5:35-8:05  
Paranormal Activity: The Marked Ones  
(14A) Fri 7:40-10:05 Sat-Sun 2:20-5-7:40-  
10:05 Mon-Thu 5:50-7:50  
Thor: The Dark World 3D (PG) Fri  
7-9:40 Sat-Sun 1:30-4:10-7-9:40 Mon-Thu  
5:20-7:55  
Walking With Dinosaurs (G) Sat-Sun 1:50  
Walking With Dinosaurs 3D (G) Fri 7:10  
Sat-Sun 4:30-7:10 Mon-Thu 5:25

## matheque 304-100 Arthur

The Disappeared (STC) Fri 6 Sat-Sun 7  
Wed 7  
I Am Divine (STC) Sat 6 Thu 9  
Jungle Book (STC) Sun 2  
No Films Showing Today (STC) Mon-Tue  
Spring & Arnaud (STC) Fri 7 Thu 7

## City Cinema - Northgate 1399 McPhillips

47 Ronin 3D (14A) Fri 6:55-9:45 Sat-Sun  
1:25-4:05-6:55-9:45 Mon-Thu 5:40-8:15  
Anchorman 2: The Legend Continues  
(14A) Fri 6:50-9:30 Sat-Sun 1:20-4-6:50-  
9:30 Mon-Thu 5:45-8:20  
The Book Thief (PG) Fri-Sun 9:15 Mon-  
Thu 7:30  
Bride for Rent (PG) Fri 7:20-9:50 Sat-Sun  
2:10-4:40-7:20-9:50 Mon-Thu 6-8:30  
Cloudy With a Chance of Meatballs 2 (G)  
Fri 7:15 Sat-Sun 1:40-4:20-7:15 Mon-Thu  
5:30  
Dallas Buyers Club (18A) Fri-Sun 9:25  
Mon-Thu 7:40  
Delivery Man (PG) Fri 7:30-10 Sat-Sun  
2-4:50-7:30-10 Mon-Thu 5:35-8:05  
Paranormal Activity: The Marked Ones  
(14A) Fri 7:40-10:05 Sat-Sun 2:20-5-7:40-  
10:05 Mon-Thu 5:50-7:50  
Thor: The Dark World 3D (PG) Fri  
7-9:40 Sat-Sun 1:30-4:10-7-9:40 Mon-Thu  
5:20-7:55  
Walking With Dinosaurs (G) Sat-Sun 1:50  
Walking With Dinosaurs 3D (G) Fri 7:10  
Sat-Sun 4:30-7:10 Mon-Thu 5:25

## Famous Players Kildonan Place, 1555 Regent Ave W,

Devil's Due (14A) Fri-Sun 9:30 Mon-Tue  
8:30  
Frozen (G) Fri 6:50 Sat-Sun 12:45-3:30-  
6:50 Mon-Tue 5:50  
I, Frankenstein 3D (14A) Fri-Sun 9:40  
Mon-Thu 8  
Labor Day (PG) Fri 7:10-9:50 Sat-Sun  
1-3:45-7:10-9:50 Mon-Thu 5:30-8:20  
The LEGO Movie (G) Sat-Sun 12:20  
The LEGO Movie 3D (G) Fri 7:40-10:15  
Sat-Sun 2:45-5:15-7:40-10:15 Mon-Thu  
5:20-7:50  
The Monuments Men (PG) Fri 7-10 Sat-Sun  
1:15-4-7-10 Mon-Thu 5:20-8:10  
The Nut Job (STC) Sat-Sun 12:30  
The Nut Job 3D (STC) Fri 7:20 Sat-Sun  
2:40-5-7:20 Mon-Thu 5:40  
RoboCop (PG) Wed-Thu 5:50-8:30  
That Awkward Moment (14A) Fri  
7:30-10:10 Sat-Sun 1:30-4:10-7:30-10:10  
Mon-Thu 6-8:40

## Grant Park 8 Cinemas 1120 Grant Ave.

12 Years a Slave (14A) Dolby  
Stereo Digital  
Fri

3:30-6:35-9:45 Dolby Stereo Digital Sat-  
Sun 12:30-3:30-6:35-9:45 Dolby Stereo  
Digital Mon-Thu 3:30-6:35-9:45  
August: Osage County (14A) Dolby  
Stereo Digital Fri 3:45-7-9:50 Dolby Stereo  
Digital Sat-Sun 12:45-3:45-7-9:50 Dolby  
Stereo Digital Mon-Thu 3:45-7-9:50  
Jack Ryan: Shadow Recruit (PG) Dolby  
Stereo Digital Fri 4-6:45-9:35 Dolby Stereo  
Digital Sat-Sun 1-4-6:45-9:35 Dolby  
Stereo Digital Mon-Tue 4-6:45-9:35  
Labor Day (PG) Dolby Stereo Digital Fri  
4:05-7:05-10 Dolby Stereo Digital Sat-Sun  
1:05-4:05-7:05-10 Dolby Stereo Digital  
Mon-Thu 4:05-7:05-10  
The LEGO Movie (G) Dolby Stereo  
Digital, No Passes Fri-Thu 3:40  
The LEGO Movie 3D (G) Dolby Stereo  
Digital, No Passes Fri 6:40-9:40 Dolby  
Stereo Digital, No Passes Sat-Sun 12:40-  
6:40-9:40 Dolby Stereo Digital, No Passes  
Mon-Thu 6:40-9:40  
The Monuments Men (PG) Dolby Stereo  
Digital, No Passes Fri 3:55-6:55-9:55  
Dolby Stereo Digital, No Passes Sat-Sun  
12:55-3:55-6:55-9:55 Dolby Stereo Digital,  
No Passes Mon-Thu 3:55-6:55-9:55  
Philomena (14A) Dolby Stereo Digital  
Fri 3:25-6:30-9:25 Dolby Stereo Digital  
Sat-Sun 12:25-3:25-6:30-9:25 Dolby Stereo  
Digital Mon-Thu 3:25-6:30-9:25  
The Princess Bride (STC) Dolby Stereo  
Digital, No Passes Thu 6:30-9  
RoboCop (PG) Dolby Stereo Digital, No  
Passes Wed-Thu 3:50-6:50-9:50  
The Wolf of Wall Street (18A) Dolby  
Stereo Digital Fri 4:10-8 Dolby Stereo  
Digital Sat-Sun 12:20-4:10-8 Dolby Stereo  
Digital Mon-Tue 3:20-7:10 Dolby Stereo  
Digital Wed 3:20

## Landmark Globe Cinema 393 Portage Ave.

American Hustle (14A) Fri 6:50-9:45 Sat-  
Sun 1-4-6:50-9:45 Mon-Thu 6:50-9:45  
Bride for Rent (PG) Sub-Titled Fri 6:40-  
9:10 Sub-Titled Sat-Sun 1:10-3:50-6:40-  
9:10 Sub-Titled Mon-Thu 6:40-9:10  
The Monuments Men (PG) No Passes Fri  
7-9:35 No Passes Sat-Sun 1:30-4:15-7-9:35  
No Passes Mon-Thu 7-9:35

## Landmark Towne Cinema 8 301 Notre Dame Avenue

Devil's Due (14A) Fri-Tue 9:30  
Endless Love (PG) Sneak Preview, No  
Passes Thu 9  
Frozen (G) Fri 7:10 Sat-Sun 1-3:30-7:10  
Mon-Tue 7:10  
Gravity 3D (PG) Fri-Wed 9  
I, Frankenstein (14A) Sat-Sun 3:40  
I, Frankenstein 3D (14A) Fri 7:20-9:35  
Sat-Sun 12:55-7:20-9:35 Mon-Thu  
7:20-9:35  
Labor Day (PG) Fri 6:40-9:15 Sat-Sun  
12:45-3:20-6:40-9:15 Mon-Thu 6:40-9:15  
The LEGO Movie (G) No Passes Sat-Sun  
3:45  
The LEGO Movie 3D (G) No Passes  
Fri 6:45-9:05 No Passes Sat-Sun  
1:30-6:45-9:05

No Passes Mon-Thu 6:45-9:05  
The Nut Job (STC) Sat-Sun 3:15  
The Nut Job 3D (STC) Fri 7 Sat-Sun 1:10-  
7 Mon-Thu 7  
Ride Along (14A) Fri 6:55-9:10 Sat-Sun  
12:50-3:10-6:55-9:10 Mon-Thu 6:55-9:10  
RoboCop (PG) Wed-Thu 7:10-9:45  
That Awkward Moment (14A) Fri  
7:05-9:20 Sat-Sun 1:05-3:25-7:05-9:20  
Mon-Thu 7:05-9:20  
Whitewash (STC) Fri 7:15-9:25 Sat-Sun  
1:20-3:35-7:15-9:25 Mon-Thu 7:15-9:25

## SilverCity Polo Park 815 St. James Street

American Hustle (14A) Fri 12:35-3:45-  
6:55-10:05 Sat 3:45-6:55-10:05 Sun  
12:35-3:45-6:55-10:05 Mon 3:45-10:05  
Tue 3:45-6:55-10:05 Wed 3:45-10:05 Thu  
3:45-6:55-10:05  
Anohana the Movie: The Flower We Saw  
That Day (G) Sun 12:45 Wed 7:30  
The Big Chill (STC) Mon 7  
A Cinderella Story (G) Sat 11  
Frozen (G) Fri-Sun 12:05 Mon-Thu 1:35  
Frozen 3D (G) Fri-Sat 2:45-5:25-8 Sun  
2:35-5:15-7:50 Mon-Thu 4:10-7:10  
Gravity: An IMAX 3D Experience  
(PG) Fri 1:20-3:35-5:50-8:10-10:30 Sat  
10:55-1:20-3:35-5:50-8:10-10:30 Sun  
1:20-3:35-5:50-8:10-10:30 Mon-Tue 3:35-  
5:50-8:10-10:30  
The Hobbit: The Desolation of Smaug  
3D (14A) Fri-Sat 12-3:30-7:15-10:20 Sun  
12-3:30-7:05-10:05 Mon-Thu 3-6:45-10:10  
I, Frankenstein 3D (14A) Fri-Sat 12:55-  
3:20-5:45-8:15-10:45 Sun 12:55-3:20-5:45-  
8:10-10:25 Mon-Wed 2:25-5:05-7:35-10  
Thu 2:25-5:05-10  
Jack Ryan: Shadow Recruit (PG) Fri 12:10-  
2:45-5:20-7:55-10:35 Sat 12:25-5:20-7:55-  
10:35 Sun 2:45-5:20-7:55-10:25 Mon-Tue  
2:05-4:50-7:30-10:15  
Labor Day (PG) Fri-Sun 1:10-4:05-6:50-  
9:35 Mon-Thu 1:50-4:35-7:15-9:55  
The LEGO Movie (G) Fri 1:30-4:05-7 Sat  
10:50-1:20-2:55-4:40-7:10 Sun-Tue 1:30-  
4:05-7 Wed 4:15-7 Thu 1:40-4:15-7 Star &  
Strollers Screening Wed 1:30  
The LEGO Movie 3D (G) Fri-Sun  
12-2:30-5:05-7:40-10:10 Mon-Thu 2:30-  
5:05-7:40-10:10  
Lone Survivor (14A) Fri-Sat 10:35 Sun  
10:25 Mon-Thu 9:50  
The Metropolitan Opera: Rusalka (STC)  
Sat 11:55  
The Monuments Men (PG) Fri-Sun  
1:20-4:20-7:20-9:40-10:20 Mon-Tue 1:30-  
4:20-7:20-9:40-10:20 Wed 4:20-7:20-9:40-  
10:20 Thu 1:30-4:20-7:20-9:40-10:20 Star  
& Strollers Screening Wed 1:30  
The Nut Job (STC) Fri 12:30 Sat 11-12:30  
Sun 12:30 Mon-Thu 2:20  
The Nut Job 3D (STC) Fri 2:50-5:10-7:30  
Sat 10:50-2:50-5:10-7:30 Sun 2:50-5:10-  
7:30 Mon-Thu 4:55-7:25  
Odd Thomas (14A) Thu 7:30  
Ride Along (14A) Fri-Sat  
12:40-3:10-5:40-8:10-10:40  
Sun 12:15-3:10-5:30-8-

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10:30 Mon-Wed 2-4:30-7:05-9:45 Thu  
2-4:30-7:30-9:45  
RoboCop (PG) Wed-Thu 1:30-4:15-7-9:45  
RoboCop: The IMAX Experience (PG)  
Wed-Thu 2:05-4:50-7:40-10:30  
That Awkward Moment (14A) Fri-Sat  
12:40-3:05-5:30-8-10:50 Sun 12:25-2:55-  
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Vampire Academy (PG) Fri-Sun 12:05-  
2:40-5:10-7:45-10:25 Mon-Thu 2:40-5:10-  
7:45-10:25  
The Wolf of Wall Street (18A) Fri-Sat 10  
Sun 9:45 Mon-Thu 9:40

**SilverCity St. Vital  
110-1225 St Mary's Rd.**

A Cinderella Story (G) Sat 11  
Frozen (G) Fri 2:15 Sat-Sun 11:45 Mon-  
Thu 2:10  
Frozen 3D (G) Fri 4:45-7:20 Sat-Sun 2:15-  
4:45-7:20 Mon-Thu 4:40-7:10  
The Hobbit: The Desolation of Smaug  
3D (14A) Fri-Sun 3:05-6:35-10 Mon-Thu  
2:45-6:15-9:40  
The Hunger Games: Catching Fire (PG)  
Fri-Sat 3:30-6:50-10:05 Sun 12:20-  
3:30-6:40-10 Mon 3:15-9:50 Tue-Thu  
3:15-6:30-9:50  
I, Frankenstein 3D (14A) Fri-Thu 9:55  
Jack Ryan: Shadow Recruit (PG) Fri 2:35-  
5:10-7:50-10:25 Sat 1-5:10-7:50-10:25 Sun  
2:35-5:10-7:45-10:15 Mon-Tue 2:15-4:50-  
7:30-10:05 Wed-Thu 9:45  
The LEGO Movie (G) Fri 2-4:25-7 Sat  
11:30-12:30-2-4:25-7 Sun 12-12:45-1:30-4-  
6:50 Mon-Thu 2-4:25-7  
The LEGO Movie 3D (G) Fri 2:30-5-  
7:40-10:15 Sat 12-2:30-5-7:40-10:15 Sun  
12:30 Mon-Thu 2:30-5-7:40-10:10 Sun  
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Lone Survivor (14A) Fri-Sun 9:50 Mon-  
Tue 9:45  
The Metropolitan Opera: Rusalka (STC)  
Sat 11:55  
The Monuments Men (PG) Fri 1:40-4:20-  
7:10-10:10 Sat 1:20-4:10-7:10-10:10 Sun  
1:20-4:10-7:10-10:05 Mon-Tue 1:50-4:30-  
7:15-10 Wed 1:50-4:30-7:15-10:05 Thu  
4:30-7:15-10:05 Star & Strollers Screening  
Thu 1:30  
The Nut Job (STC) Fri 2:40 Sat 12:15 Sun  
12:25 Mon-Thu 2:20  
The Nut Job 3D (STC) Fri 5:05-7:30 Sat  
2:40-5:05-7:30 Sun 2:45-5:05-7:30 Mon-  
Thu 4:45-7:20  
RoboCop (PG) Wed 1:55-4:35-7:25-10:15  
Thu 1:50-4:35-7:25-10:15  
That Awkward Moment (14A) Fri 3-5:25-  
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Strollers Screening Thu 1:30  
Vampire Academy (PG) Fri 2:45-5:20-  
8:05-10:35 Sat 12:10-2:45-5:20-8:05-10:35  
Sun 12:25-2:50-5:20-7:50-10:25 Mon  
1:55-4:20-7:05-10:15 Tue-Thu 2:40-5:10-  
7:45-10:15  
The Wolf of Wall Street (18A) Fri-Sun  
9:35 Mon-Thu 9:30

# Biggest Loser champion faces new challenges since finale

**How much is too much?** Winner's weight loss garners criticisms and concern

A day after Rachel Frederickson won the latest season of *The Biggest Loser*, after shedding nearly 60 per cent of her body weight, attention wasn't focused on her \$250,000 win but rather the criticism surrounding her loss.

Experts cautioned that regardless of her current weight, the criticism being levied on social media about her losing too much isn't helpful. A more constructive message is needed, they say, centring on overall healthy living and body image.

The five-foot-four, 24-year-old Frederickson dropped from 260 pounds to 105 under the show's rigorous exercise and diet regimen, and time spent on her own before the finale. She was a three-time state champion swimmer at Stillwater Area High School in Minnesota, then turned to sweets for solace after a failed romance with a foreign exchange student she followed to his native Germany.

Frederickson's newly thin frame lit up Twitter on Wednesday, with many viewers pointing to the surprised expressions on the faces of trainers Jillian Michaels and Bob Harper during the show's Tuesday night finale. Many tweeted that Frederickson looked anorexic and unhealthy, while others congratulated her for



Rachel Frederickson on the finale of *The Biggest Loser* on Tuesday. TRAE PATTON/NBC

dropping 155 pounds.

Frederickson's body mass index, a measure of height and weight, is below the normal range, said Jillian Lampert, senior director of the Emily Program, an eating disorder treatment program based in St. Paul, Minn. But she said the criticism directed against Frederickson isn't helpful.

"As a society we often criticize people for being at

higher weights. That's part of why we have the TV show *The Biggest Loser*. And then we feel free to criticize lower weight," Lampert said.

A more constructive message to send young people would centre on well-rounded health and the importance of eating well, moving well and sleeping well, she said.

"We certainly see a lot of people who struggle with



Frederickson during her first episode on *The Biggest Loser*. TRAE PATTON/NBC/THE ASSOCIATED PRESS

eating disorders who use the same behaviours on that show to an extreme," she said. "That can't be helpful."

During an appearance on *Access Hollywood*, Frederickson didn't directly respond to the criticism but said she intends to live a healthy lifestyle going forward.

"My journey was about finding that confident girl again. Little by little, chal-

lenge by challenge, that athlete came out. And it sparked inside me this feeling that I can do anything I can conceive. And I found that girl, and I'm just going to embrace her fully," she said.

In a statement released late Wednesday, NBC said it was committed to helping all of the show's past contestants live healthier lives.

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"THE MONUMENTS MEN" MUSIC BY ALEXANDRE DESPLAT EXECUTIVE PRODUCER BARBARA A. HALL  
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# Here's a good one: apparently that guy from The Office just published a book

**Funny story.** He may be out of the writer's room, but B.J. Novak still has a lot to say

ALEXANDRA  
CAVALLO  
Metro World News

A lot of people probably know B.J. Novak best, as he puts it, as "that guy from The Office." And yeah, he was really funny as Ryan, the intern bro turned full-time employee. But Novak, who wrote for the longtime sitcom from day one, just penned his debut book: a collection of short, irreverent stories called *One More Thing*. We got Novak on the line to talk about more than just one of the things we were wondering about.

## Coming from TV, what made you decide to write a book of short stories?

I had all these ideas that I was bursting with after all these years on The Office, that really didn't fit into this really contained environment that I was writing in for eight years. I would sort of accumulate them in notebooks. Any ideas that didn't fit into Dwight, Michael, Jim and Pam, or Ryan and Kelly, just went into a stack of notebooks that I would put away in a drawer and not know what to do with. So then when The Office was finally



B.J. Novak's new book, *One More Thing*, was inspired by story ideas he held onto while writing for The Office for eight years. CONTRIBUTED

coming to an end, I looked through all the notebooks and I loved so many of these ideas but they didn't all seem to be right for a movie or a TV show, I didn't know what they were for.

So I just started writing them, and it became very exciting to write in all different lengths and all different tones, just whatever I thought an idea called for. And it became a book of fiction.

**Did writing a book feel more personal than your previous**

## projects?

It feels a lot more personal! And the irony is, I didn't think this was a personal book at all when I started it. Unlike my best friend Mindy (Kaling), who wrote a memoir, I'm not really a personal writer, I don't really have stories or opinions to share. I would bore people.

But before I knew it, I was putting so much more of myself into it. My own opinions and fears and neuroses and fantasies, they were all working their way into the stories. So it ended up being the most

personal thing I've ever done.

## Was it a little scary to read the early reviews?

As I was first writing the stories, I would read them out loud, first to friends, and then eventually to theatres of people. I would book the Upright Citizens Brigade theatres in L.A. and New York, and hundreds of people would show up, because they knew the guy from The Office. And I would read these stories in progress, so I really got to know what worked and what

## Quoted

**"It's like if your high school or college photos were on TV every night at 7:30, you'd probably reminisce a lot too."**

B.J. Novak, actor, writer and comedian, on looking back at The Office

didn't, what held their attention, what people seemed to want more of and what they wanted less of. So by the time the book came out and reviews came out, I kind of knew, more or less, how things would play.

## Was it sad when The Office finally ended, or was it more of a relief?

It was both. Every now and then I drive by the old set, or the highway exit I used to take, or see the old gang or catch an episode on TV, and it does make me wistful for the past a little bit. But in general it was very exciting and freeing to be out of it.

## You spent almost the first decade of your career on that show, and had so much success at a young age. Was it all kind of overwhelming?

Yeah, it kind of happened so fast that we didn't really have time to adjust to it. You know, we knew that what we were writing — I really related more as a writer during those years on The Office — was great. Well, we thought it was great. You always think that

something you're doing is great, at first. And then, when people would come up to us on the street and say that they loved our show, it kind of felt very natural to us, because we had that cocky thing that kids have, where they think they're the best in the world. It took some hard knocks during the show to realize that this was hard work and that not every episode was going to make everybody laugh, and just because you're great one week, that doesn't make it any easier the next week.

## There are some comedians who I feel, if I met them, we'd be friends. Are there any people in the business that you just know, if you could meet them, you'd be buds?

Oh, that's a great question! Let's see. David Letterman. Every time I'm on his show — I've been on his show twice — I know that I'm just a guest, and that everyone is just a guest to him, but I really think if he'd let just one more friend into his life, just one, we'd really get along. He just seems so wry and chill and smart.

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**Video game review**

**Name.** Tearaway

**For.** PlayStation Vita

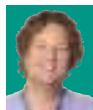
**Rated.** Everyone

● ● ● ● ●

Tearaway is a world of construction sheets and paper curls, of aluminum foils and glues and scissors, where, because you can poke your fingers into it using touchscreens, you can fold and tear a path through its adventure. Draw a snowflake and it becomes the snow drifting on the wind. A picture taken with your camera becomes an elk's fur. There are monster fights and puzzles, yes, but as activities geared towards those who love arts and crafts. It's a strange, unpredictable, whimsical adventure that feels like a paper craft hobby. **KRIS ABEL**



# Songs for the weekend



**SOUND CHECK**  
Alan Cross  
scene@metronews.ca

Elbow followed by a double helping of fake NIN and the Chili Peppers



## New York Morning/Elbow

This gorgeously melancholy song is the first single from Elbow's sixth studio album, *The Take Off and Landing of Everything*, which is set for a March 11 release.

## Abracabraformia/Jon Daly

This parody of the Red Hot Chili Peppers' style is so convincing that a lot of fans were fooled into thinking the band had actually released a new song. Even the website for the song looked like the real thing.



## This a Trent Reznor Song/Frederick Scott

The guy behind this take-off from Trent Reznor's songwriting style couldn't have nailed it better if he were an actual member of Nine Inch Nails.

**Sprint Cup**



The Duck Dynasty cast CONTRIBUTED

## Duck Commander now sponsor of NASCAR race

The NASCAR Sprint Cup race at Texas is going to the ducks this spring.

Texas Motor Speedway has announced a three-year title sponsorship agreement for its spring race with Duck Commander, the brand of bestselling duck calls and Robertson family-owned company featured on the A&E show *Duck Dynasty*. The deal is for the spring race at the track. The April 6 race will be known as the Duck Commander 500. "We are all big fans of NASCAR and have been all our lives," said Willie Robertson, the CEO of Duck Commander.

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# Celeb chow-palace elevator pitches

With a meaty spot après Duck Dynasty, A&E gave Wahlburgers a real chance to sizzle. The show centres around the famous family's burger joint run by Paul, the bro you don't know, but Hollywood heavyweight Mark and NKOTB alum Donnie show up to beef up the cast. With a bounty of entertainer eateries ripe for reality treatment, if Wahlburgers hits the ratings spot, expect networks to keep ordering up. Here are our ideas for some celeb-food-TV mash-ups.

MIKE DOJC  
scene@metronews.ca

## Jon Bon Jovi

Jon Bon Jovi's Soul Kitchen is a converted auto shop in Red Bank, N.J., where patrons can pay-what-they-can, or volunteer to earn a meal voucher. This is big-hearted, pass-the-tissue-box reality TV waiting to happen.

The community restaurant where you are often seated with strangers could put visiting stars on a TV show version across the table from everyday people, with Undercover Boss-style life story spilling sessions. Watch for Jovi's pop, John Bongiovi, Sr. The 74-year-old silver fox has a trio of pasta sauces sold in stores in the Garden State and also available online for orders anywhere in North America. The series could be called Living on Puttanesca.



## Vince Neil

The crowded intersection of music and meatballs is paved with scores of swank and sleazy show-ready bistros, hipster cafés and glorified dives.

At Tatuado EAT-DRINK-PARTY!, Motley Crüe front man Vince Neil's latest Vegas bar & grill, you can sip on a crowd-attracting bolstering concoction called Drunk Goggles, a quartet of flavored rums mixed with cranberry and pineapple juices.

It's the perfect elixir for Inked & Eligible, a speed-dating show we think would get people tuning in.



## Lady Gaga

Lady Gaga's parents Joe and Cynthia serve up familiar Italian fare on Manhattan's upper west side. Entrees at Joanne Trattoria cover all the bases, from wood-stone oven pizzas and eggplant parmesan to pappardelle with pulled pork rib ragu.

While the menu is devoid of shock value, Gaga has vouched for its deliciousness, going so far as blaming the place for expanding her waistline. We imagine a show called Eat

This Way, where two disparate constituencies such as hungry marathon runners and thin, aspiring plus-sized models commune at the Germanotta family establishment to carb-load before big races and casting calls.



## Paulina Gretzky

In the world of sports dining, jock-sized portions of chops and juicy porterhouses are par for the course. Wayne Gretzky may have been the most elegant skater and mesmerizing stick-handler in hockey history, but in the celebrity eatery game his restaurant wouldn't crack the all-star team.

Instead, we think a show called The Paulina Project — where the selfie queen and her friends and hangers-on are tasked with giving her father's eponymous restaurant on 99 Blue Jays Way in Toronto a total makeover — would score big. The only thing off limits is Grandma Gretzky's delectable duck-fat fried cheddar and potato perogies. Those moon-shaped morsels are a hall of fame-worthy appetizer.



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## Is Foxx in Cruise control mode by keeping Katie a secret?



Jamie Foxx

Jamie Foxx and Katie Holmes can't seem to dodge rumours that they're secretly an item.

According to Page Six, Foxx and Holmes have been seeing each other since last summer but are keeping the romance hush-hush out

of respect for Holmes' ex-husband, Tom Cruise. "Jamie is being careful because he has a lot of respect for Tom," a source says. When rumours first circulated about the pair last August, Foxx vehemently denied them.



Justin Bieber ALL PHOTOS GETTY IMAGES

## Flight crew give their side of Bieber's high flying

More details are emerging about Justin Bieber's hot-boxed flight into the New York area for the Super Bowl last week. According to an official report obtained by NBC News, Bieber and his entourage smoked so much marijuana on the plane that the flight crew donned oxygen masks to avoid inhaling any.

"The captain of the flight stated that he warned the passengers, including Bieber, on several occasions to stop smoking marijuana," the report states. "The captain also

stated he needed to request that the passengers stop their harassing behaviour toward the flight attendant and after several warnings asked the flight attendant to stay with him near the cockpit to avoid any further abuse. The flight attendant stated the passengers, including Bieber and his father Jeremy Bieber, were extremely abusive verbally."

The flight was met by authorities who searched the plane but found no unsmoked marijuana. No members of the flight crew filed charges against Bieber or his friends.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Sorkin delivers candid opinion on Hoffman death

MELINDA TAUB  
Metro World News

Philip Seymour Hoffman and writer Aaron Sorkin worked together only once, on Sorkin's film Charlie Wilson's War. But they had an important thing in common: They were both recovering addicts.

In the wake of Hoffman's death, the Newsroom creator is sharing some of his conversations with him. In an obituary for Time, he writes that

Hoffman told him, "If one of us dies of an overdose, probably 10 people who were about to won't." In other words, Sorkin writes, the death of a famous addict might scare a few other people on the edge into getting clean, and that's why, he says, it's important to be clear that Hoffman didn't die because he did heroin wrong, but because he did it at all.

"(Hoffman) did not die from an overdose of heroin — he died from heroin. We should stop implying that if he'd just taken the proper amount then everything would have been fine.

"He didn't die because he was partying too hard or because he was depressed," he added, "He died because he was an addict.



Gwyneth Paltrow

## Vanity Fair offers Paltrow an olive branch despite their ongoing feud

This should be interesting.

Despite the feud between Gwyneth Paltrow and Vanity Fair, during which she reportedly instructed A-list friends to not work with the magazine or attend its events because of its planned "epic take-down" of her, editor Graydon Carter has included Paltrow on the invite list for its annual Oscar party, according to E! News. Whether or not she

attends, however, is yet to be seen. Carter did divulge, though, that rumours of plans for a counter-party were apparently fabricated. "There were reports that she was trying to scuttle our annual Oscar party, that she was going to organize a competing dinner," Carter says. "The Paltrow camp subsequently denied both claims."

### Twitter



@ABFalecbaldwin

Right about when the world seems sad and hopeless, you go to a museum. And faith is restored.



@AnnaKendrick47

My alarm is gonna go off in 10 minutes and I haven't fallen asleep yet. Can you forget how to sleep? What is happening?? Someone send help.



@billmaher

Hey people in Sochi hotels with unflushable toilets and undrinkable water: look on the bright side, you could be on a Carnival Cruise!

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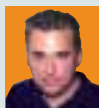
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# 3 LEE

## Liquid Assets

### Pinot Gris vs. Pinot Grigio



LIQUID ASSETS  
Peter Rockwell  
@therealwineguy  
liquidassets@eastlink.ca

Here's a question I was asked this week: Why do some vineyards call their wines Pinot Gris while others use Pinot Grigio?

Well, the white grape is French so Pinot Gris is its original name. Italy grows a clone of Pinot Gris that they call Pinot Grigio, well, because they're Italian, and which is lighter and crisper than the French versions.

Lots of other countries grow Pinot Gris and deciding on how to spell it is a combination of flavour profile and marketing savvy. Some feel Gris sounds more sophisticated. Others produce a richer wine that they think compares to a French Pinot Gris so go with that spelling.

Since the popularity of Pinot Grigio is undeniable (which translates to profitable) the majority of countries who grow Gris choose to use it.

South Africa's Two Oceans 2013 Pinot Grigio (\$10.25 - \$11.29) is a great example. Clean, bright and relaxed, it pays enough homage to its Italian cousins to make it more than worthy of the name.

Try with mussels, white fish, chicken, vegetable dishes and semi-soft cheeses. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



# Skip tired steak rub and opt for Asian influence

## Pan Seared Flank Steak and Daikon Slaw. Dress up the classic cut of meat

Start by marinating the flank steak in five-spice powder, rice vinegar and soy sauce. Then while the steak is absorbing all those rich flavours, grate a daikon radish (they resemble giant white carrots, but have a mild peppery bite) and toss it with grated fresh ginger, scallions and red bell pepper for a simple slaw with just enough assertiveness to cut through the savory heft of the steak.

If you want to keep this dish lean, serve it over brown rice. But if you are willing to embrace carbs, try it on a bun.

1. In zip-close plastic bag, mix black pepper, five-spice powder, red pepper flakes, 3 tablespoons of the vinegar and soy sauce. Add flank steak, seal bag,

### Ingredients

- 1/2 tsp ground black pepper
- 1 tsp five-spice powder
- 1/2 tsp red pepper flakes
- 4 1/2 tbsp rice vinegar, divided
- 2 tbsp low-sodium soy sauce
- 1 lb flank steak
- 1 cup shredded daikon radish, patted dry with paper towels
- 1 red bell pepper, cored and sliced into thin matchsticks
- 1 1/2 tsp grated fresh ginger
- Pinch of salt
- 4 scallions, thinly sliced
- 1 tbsp canola or vegetable oil



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

then turn to coat evenly. Refrigerate for at least 30 minutes or up to 2 hours.

2. Meanwhile, in bowl, stir together the daikon radish, bell pepper, ginger, salt, the remain-

ing 1 1/2 tablespoons of vinegar and the scallions. Set aside.

3. When you are ready to cook the steak, in a large skillet over medium-high, heat the oil. Add the steak and sear for 4 minutes

per side, or until desired doneness. Allow the steak to rest on a cutting board for 8 minutes. Slice the steak thinly across the grain, then serve with the slaw.

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# Valentine's DIY

Here at Steven and Chris, we just adore Valentine's Day! It's the perfect time to celebrate the people who surround us with love every day. Here are a few ideas that will help you say, "I love you" to your someone special. For more tips, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS



## Heart-mallows

Show you care with a jar of heart-shaped marshmallows. They're the perfect treat for anyone with a sweet tooth!

### What you need:

- Large marshmallows
- Heart-shaped cookie cutters
- Vegetable oil
- Small Mason jar
- Red and pink ribbon

### Method:

1. Cut the marshmallows in half.
2. Dip the cookie cutters into vegetable oil and press into the halved marshmallow. The vegetable oil will prevent your cookie cutter from sticking to the marshmallow.
3. Package in a glass jar with a pretty ribbon.

## Hopeless Romantic Cocktail

Valentine's Day is a great excuse for spending time with people you love. Whether you're with someone special or enjoying a single girls' night-in, this Hopeless Romantic cocktail will definitely get you drunk on love.

### What you need:

- 0.25 oz of lemon juice
- 0.25 oz of orange juice
- 0.25 oz of pineapple
- 1.5 oz Aperol
- 2 oz prosecco or champagne

### Method:

1. Combine pineapple, orange and lemon juice.
2. Add the prosecco and Aperol.
3. Strain and serve in a tall glass.
4. Garnish with pineapple slices.
5. Add straws with festive toppers.



## Crayon Hearts

Kids will love this multicoloured heart crayon, and parents will really love how they'll keep their little hands busy — and away from sugary temptations!

### What you need:

- Baking silicone heart-shaped moulds
- Cellophane bags
- Red paint or construction paper
- Multicoloured broken crayons
- Red staples
- Template from [cbc.ca/stevenandchris](http://cbc.ca/stevenandchris)

### Method:

1. Take a silicone heart-shaped mould and fill it with left-over crayon bits.
2. Bake in the oven at 230 F for 15 minutes.
3. Let cool and remove from moulds.
4. Place crayon hearts in clear gift bags from a craft or dollar store.
5. Print love note using template and staple onto bags.

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## 3-D shapes

## More than just dying — shibori is sculptural, too

A sort of “memory on cloth,” shibori also encompasses Issey Miyake’s revolutionary pleated clothing, fulling and felting, and other methods of transforming natural fabrics into 3-D shapes.

The work of Hiroyuki Murase exemplifies both the 3-D possibilities of shibori and the bridge between traditional and new. Murase grew up in Arimatsu, Japan, where shibori has been done using traditional techniques for 400 years. Today, his array of luminaires lampshades and haute couture fabrics, designed for the likes of Christian Dior, are the cutting edge of modern shibori. **THE ASSOCIATED PRESS**



**Shibori lamp shades.** SUZUSAN, HIROYUKI MURASE/THE ASSOCIATED PRESS

# A modern twist

## Rediscovering tie-dye. Designers embrace the hand-crafted beauty of Japanese shibori

From tablecloths, duvet covers and iPhone cases to wallpaper and startling calf-skin wall hangings, the ancient Japanese resist-dyeing technique of shibori has gone mainstream. Vera Wang, Ralph Lauren, Eileen Fisher, Levi’s and innumerable fibre artists are breathing new life into the craft.

“The stillness and beauty of it really centres me,” said Oriana DiNella, who recently launched her own web-based shibori line, including linen tableware, pillows, throws and large leather wall hangings, all made to order and hand-dyed in organic indigo.

“It feels like a rebellion against the fashion movement, where everything seems so fast and disposable,” the New York-based designer explained.

Today’s incarnations are as different from their early Japanese predecessors as they are from the wild, tie-dyed pieces that became emblematic of the ‘60s and ‘70s.

There’s a sense of timelessness and calm to the modern shibori pieces, and also a renewed focus on workmanship and functionality.

“I love the bleeds, the fluidity of it. I love how the light shades of indigo can be so pale and watery and the navies can be such a deep, deep blue,” DiNella said.

Brooklyn designer Rebecca Atwood uses modern fibre-reactive dyes for her Blauvelt Collection, which includes pillows and pouches. And home-design purveyor Eskayel is creating the look of shibori patterns using ink, water and watercolours, followed by digital printing techniques.

“We have wallpaper, rugs, fabric, pillows, baskets, iPhone cases, stationery, prints and wall hangings. Oh, and poufs,” said founder and creative director Shanan Campanero, when asked about the company’s shibori-inspired offerings.

Compared to the tie-dyes of a generation ago, she said, today’s shibori-inspired works feature patterns that are more careful, deliberate and traditional.

Vera Wang’s collection is centred on bedding, while Ralph Lauren’s features swim trunks and clothing. Levi’s has even come out with shibori-inspired jeans. But while mass-produced items lack the nuanced appeal of handcrafted works, they bring a surprising touch of texture and pizzazz to the familiar.

Despite widespread interest in shibori in the West, “we are still concerned with its survival in Japan,” explained Yoshiko Iwamoto Wada, author of *Shibori, and Memory on Cloth*.

“Adapting shibori to something contemporary is the key to its survival,” she said. “When the big designers come out with it and young artists take it in new directions, then more people here and in Japan start to pay attention.”

**THE ASSOCIATED PRESS**

## Technique takes shape



ESKAYEL

Shibori is slow. It takes time, and has been around since about the 8th century. The word comes from the Japanese shiboru, meaning “to wring, squeeze or press.”

- The technique involves twisting, tying, crumpling, stitching or folding fabric — usually silk or cotton — in various ways, transforming the two-dimensional material into a sculptural, three-dimensional form.

- This sculptural shape is then traditionally dyed, originally using indigo, although a huge variety of colours and dyes are now used.

- Sometimes, the same fabric is then twisted in some other way and then dyed again. When the wrappings are removed, the folds and creases where the fabric resisted the dye form distinctive crinkled textures and patterns.

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# on an ancient art



Setting the scene: OriShibori patterns its table linens on Japan's centuries-old fabric art of shibori. DAVID MALOSH/ORISHIBORI.COM/THE ASSOCIATED PRESS

## Irresistible resist-dyed offerings



A large OriShibori leather wall hanging.

DAVID MALOSH/  
ORISHIBORI.COM/  
THE ASSOCIATED  
PRESS

A shibori scarf produced by Eskayel, a design firm based in New York. The home-design purveyor is creating the look of shibori patterns using ink, water and watercolours, followed by digital printing techniques.

ESKAYEL/THE ASSOCIATED PRESS



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CONTRIBUTED

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ON THE MENU

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Quarterback Drew Willy throws a pass at a Saskatchewan Roughriders practice on Nov. 22, 2013, in Regina. The Winnipeg Blue Bombers acquired Willy from the Grey Cup-champion Roughriders for Canadian receiver Jade Etienne on Thursday. LIAM RICHARDS/THE CANADIAN PRESS FILE

## QB Willy beammin' after signing with Bombers

**CFL.** Winnipeg drops receiver in hopes of sparking offence with U of Buffalo standout

They lost out on the Henry Burris sweepstakes, but the Winnipeg Blue Bombers didn't wait long to land another quarterback, acquiring Drew Willy Thursday from the Grey Cup-champion Saskatchewan Roughriders for Canadian receiver and Regina native Jade Etienne.

Winnipeg also signed Willy

to an extension, reportedly for two years. He was scheduled to become a free agent next week and will be unveiled by the Blue Bombers on Friday at Investors Group Field.

"Drew is a quarterback we have always thought had very high potential in this league," said Winnipeg GM Kyle Walters. "He immediately upgrades us at this position and we really look forward to him being a part of the Winnipeg Blue Bombers moving forward."

But is he a starter who can win regularly, something a team that finished with a

league-worst 3-15 record last season so desperately needs?

Playing behind Darian Durant, Willy doesn't have a lot of experience. He posted a 2-2 record in his two seasons with the Roughriders and, at least on paper right now, is competing for the starter's job with Max Hall and Justin Goltz.

The six-foot-three, 215-pound Willy was 32-of-52 passing last season for 474 yards with four touchdowns and one interception. He saw more action in 2012, completing 69-of-95 passes for 709 yards, five TDs and four interceptions.

### Southern exposure

Willy, 27, is a native of Randolph, N.J., who spent some time in the NFL on practice squads in Indianapolis, Baltimore, San Diego and New York, and played in the NFL with Las Vegas in 2010.

"I am really excited to join the Blue Bomber organization," he said in a statement. "The support the team gets from the province of Manitoba is remarkable."

THE CANADIAN PRESS

### NHL

## Ovechkin scores No. 40 to lead Caps past Jets

After getting an Olympic send-off from U.S. Secretary of State John Kerry, Alex Ovechkin scored his NHL-leading 40th goal with 12:14 remaining Thursday night as the Washington Capitals rallied from a third-period deficit for a 4-2 win over the Winnipeg Jets.

Ovechkin put the Capitals ahead by lifting the puck over a pile of bodies in the crease, following up after Nicklas Backstrom had taken two whacks at a rebound before sliding into goaltender Ondrej Pavelec.

Troy Brouwer scored twice, Tom Wilson had a goal and Braden Holtby made 34 saves for the Capitals, who are trying to generate at least a modicum of momentum headed into the Olympic break. Washington had dropped 10 of its previous 13, including a 1-0 shutout loss to the New York Islanders on Tuesday.

Bryan Little and Dustin Byfuglien scored, and Pavelec stopped 26 shots for the Jets, who had a three-game winning streak snapped.

Winnipeg is nevertheless 9-3 since coach Claude Noel was fired on Jan. 12 and replaced by Paul Maurice, putting the team on the cusp of the playoff race.

With the NHL's Olympic break beginning after Saturday's games, Kerry was on hand to recognize the four players from each team headed to Sochi. He performed a ceremonial puck drop at centre ice between the two U.S. players, Winnipeg's Blake Wheeler and Washington's John Carlson.

THE ASSOCIATED PRESS

## St. Louis to fill in for Stamkos in Sochi



38-year-old Martin St. Louis was named to Team Canada after the recent withdrawal of teammate Steven Stamkos. SCOTT ISKOWITZ/GETTY IMAGES FILE

Martin St. Louis is going to represent his country at the Winter Olympics after all.

Hockey Canada announced today that the 38-year-old Tampa Bay forward will replace injured Lightning teammate Steven Stamkos on Canada's men's hockey team at the Sochi Olympics.

"I heard from Stammer that he wasn't going to go, so I knew it was a possibility," St. Louis told reporters in Tampa on Thursday. "So I guess I was prepared for it."

St. Louis said he felt bad for

### Staying productive

# 54

Martin St. Louis is having a strong campaign in 2013-14 with 54 points (25 goals, 29 assists) in 56 games, good for 11th in the league. He led the league last season.

Stamkos, who tried hard to come back from a broken right tibia he suffered in a Nov. 11 NHL game before being ruled out of Olympic competition by the Lightning's medical staff

on Wednesday.

"Obviously he's disappointed and I'm disappointed for him. Stammer's a true professional and he's done everything he can this past month to get back to the lightning first and hopefully to Team Canada."

St. Louis was considered one of Canada's most surprising snubs when Canada's team was first announced, along with Philadelphia forward Claude Giroux and Pittsburgh forward James Neal.

THE CANADIAN PRESS





Canada's Meagan Duhamel and Eric Radford compete in the pairs portion of the figure skating team event at the Sochi Winter Olympics on Thursday. PAUL CHIASSON/THE CANADIAN PRESS

# Duo pulls Canada into second in team event

## Figure skating.

Canucks behind only Russia after Duhamel and Radford experience 'the ultimate moment'

Patrick Chan did a mock baton pass to teammates Meagan Duhamel and Eric Radford down in the warmup area of the Iceberg Skating Palace between events Thursday night.

Canada's pairs team took it and ran.

Duhamel and Radford had perhaps the skate of their careers Thursday to put Canada in second place of the inaugural team figure skating event at the Sochi Olympics, just two points behind Russia.

Duhamel, from Lively, Ont., and Radford, from Balmer-

town, Ont., were second in the pairs short program after three-time world champion Chan finished third in the men's short.

"I think that was the greatest feeling," Duhamel said.

"To perform like that and finish our program with that feeling we had, it's every athlete's dream here in Sochi and at any Olympics, and we just did it, we just lived the ultimate moment of every athlete in the world."

Russia leads with 19 points after Tatiana Volosozhar and Maxim Trankov finished first in the pairs short and veteran Evgeni Plushenko was a surprising second in the men's event. China is third with 15 points.

The team event continues with the short dance, women's short program and pairs long program Saturday.

THE CANADIAN PRESS

## Ogle on Google

The Canadian Olympian who's generating the biggest spike of search traffic on Google isn't Sidney Crosby, it isn't flag-bearer Hayley Wickenheiser, or any other hockey player. It's figure skater Tessa Virtue, who along with partner Scott Moir, won ice dancing gold in Vancouver in 2010.



## Freestyle skiing

## Canadian ski sisters clinch spots in final

The Dufour-Lapointe sisters all have a spot in the women's

moguls finals at the Sochi Olympics. Defending champion Hannah Kearney of the United States cruised through qualifying on Thursday, posting a score of 23.05, well clear of Montreal's Chloe Dufour-

Lapointe (22.64) for the top spot. Justine Dufour-Lapointe (22.28) took third and Maxime Dufour-Lapointe (20.88) finished eighth, assuring all three sisters a spot in the final. THE CANADIAN PRESS

## WHAT CANADA DID

### THURSDAY

#### SNOWBOARD

**Men's Slopestyle Qualification - Heat 1:** y- Sebastian Toutant, L'Assomption, Que., 3rd (87.25); x-Charles Reid, Mont-Tremblant, Que., 9th (75.50); **Heat 2:** y-Maxence Parrot, Bromont, Que., 1st (97.50); x-Mark McMorris, Regina, 7th (89.25).

**Ladies' Slopestyle Qualification - Heat 1:** y-Spencer O'Brien, Courtenay, B.C., 3rd (82.75); **Heat 2:** x-Jenna Blasman, Kitchener, Ont., 6th (60.25).

y- advances to final; x- advances to semifinals

#### FREESTYLE SKIING

**Ladies' Moguls Qualification - y-Chloe Dufour-Lapointe, Montreal, 2nd (22.64); y-Justine Dufour-Lapointe, Montreal, 3rd (22.28); y-Maxime Dufour-Lapointe, Montreal, 8th (20.88); y-Audrey Robichaud, Quebec City, 9th (20.61).**

y- advances to final

#### FIGURE SKATING

**Team Men Short Program - Patrick Chan, Toronto, 3rd (89.71).**

**Team Pairs Short Program - Meagan Duhamel, Lively, Ont., and Eric Radford, Balmertown, Ont., 2nd (73.10)**

## THURSDAY'S RESULTS

### FIGURE SKATING

**At Sochi, Russia Team Event**

#### Men's Short Program

1. Yuzuru Hanyu, Japan, 97.98; 2. Evgeny Plushenko, Russia, 91.39; 3. Patrick Chan, Toronto, 89.71; 4. Yan Han, China, 85.52; 5. Florent Amodio, France, 79.93; 6. Peter Liebers, Germany, 79.61; 7. Jeremy Abbott, United States, 65.65; 8. Yakov Godorozha, Ukraine, 60.51; 9. Matthew Parr, Britain, 57.40; 10. Paul Bonifacio Parkinson, Italy, 53.94.

#### Pairs Short Program

1. Tatiana Volosozhar and Maxim Trankov, Russia, 83.79; 2. Meagan Duhamel, Lively, Ont., and Eric Radford, Balmertown, Ont., 73.10; 3. Peng Cheng and Zhang Hao, China, 71.01; 4. Stefania Bertoni and Ondrej Hotarek, Italy, 70.31; 5. Marissa Castelli and Simon Shnapir, United States, 64.25; 6. Maylin Wende and Daniel Wende, Ger-

many, 60.82; 7. Vanessa James and Morgan Cipres, France, 57.45; 8. Narumi Takahashi and Ryuichi Kihara, Japan, 46.56; 9. Julia Lavrentieva and Yuri Rudyk, Ukraine, 46.34; 10. Stacey Kemp and David King, Britain, 44.70.

#### SNOWBOARD

**At Krasnaya Polyana, Russia Top 3 results from each Heat**

#### QUALIFYING

**(Start position in parentheses)**

#### Heat One - Run One

1. (12) Pectu Piironen, Finland, 90.75; 2. (10) Chas Guldemon, United States, 86.00; 3. (5) Niklas Mattsson, Sweden, 82.75.

#### ALSO

5. (7) Sebastian Toutant, L'Assomption, Que., 74.25; 8. (3) Charles Reid, Mont-Tremblant, Que., 54.50.

#### Run 2

1. (8) Staale Sandbech, Norway, (45.25; 94.50) 94.50; 2. (7) Sebastian Toutant, L'Assomption, Que., (74.25; 87.25) 87.25; 3. (14) Jamie Nicholls, Britain, (62.25; 86.75) 86.75.

#### ALSO

7. (3) Charles Reid, Mont-Tremblant, Que., (54.50; 75.50) 75.50.

#### Heat 2 - Run 1

1. (6) Sven Thorgren, Sweden, 94.25; 2. (4) Maxence Parrot, Bromont, Que., 91.75; 3. (10) Clemens Schattschneider, Austria, 90.00.

#### ALSO

12. (9) Mark McMorris, Regina, 29.50.

#### Run 2

1. (4) Maxence Parrot, Bromont, Que., (91.75; 97.50) 97.50; 2. (3) Roope Tonteri, Finland, (33.75; 95.75) 95.75; 3. (1) Gjermund Braaten, Norway, (12.75; 91.25) 91.25.

#### ALSO

5. (9) Mark McMorris, Regina, (29.50; 89.25) 89.25.

#### Final Ranking

1. Maxence Parrot, Bromont, Que., (91.75; 97.50) 97.50 (QF); 1. Staale Sandbech, Norway, (45.25; 94.50) 94.50 (QF); 2. Roope Tonteri, Finland, (33.75; 95.75) 95.75 (QF); 2. Pectu Piironen, Finland, (90.75; 80.00) 90.75 (QF); 3. Sven Thorgren, Sweden, (94.25; 36.75) 94.25 (QF); 3. Sebastian Toutant, L'Assomption, Que., (74.25; 87.25) 87.25 (QF).

#### ALSO

7. Mark McMorris, Regina, (29.50; 89.25) 89.25 (QS); 9. Charles Reid, Mont-Tremblant, Que., (54.50; 75.50) 75.50 (QS).

## WOMEN'S SLOPESTYLE

### Top 5 results from each Heat

#### QUALIFYING

**(Start position in parentheses)**

#### Heat One

##### Run One

1. (11) Torah Bright, Australia, 85.25; 2. (4) Spencer O'Brien, Courtenay, B.C., 82.75; 3. (5) Isabel Derungs, Switzerland, 82.50.

##### Run 2

1. (5) Isabel Derungs, Switzerland, (82.50; 87.50) 87.50; 2. (11) Torah Bright, Australia, (85.25; 80.00) 80.00; 3. (6) Christy Prior, New Zealand, (67.50; 70.50) 70.50

#### ALSO

4. (4) Spencer O'Brien, Courtenay, B.C., (82.75; 65.00) 65.00; 5. (7) Aimee Fuller, Britain, (44.50; 39.00) 39.00.

#### Heat 2

##### Run 1

1. (6) Jamie Anderson, United States, 93.50; 2. (2) Anna Gasser, Austria, 89.50; 3. (8) Elena Koenz, Switzerland, 86.25.

#### ALSO

5. (4) Jenna Blasman, Kitchener, Ont., 60.25.

##### Run 2

1. (2) Anna Gasser, Austria, (89.50; 95.50) 95.50; 2. (10) Karly Shorr, United States, (45.00; 84.75) 84.75; 3. (11) Jessica Jenson, United States, (34.00; 58.50) 58.50.

#### ALSO

4. (4) Jenna Blasman, Kitchener, Ont., (60.25; 51.50) 51.50; 5. (3) Silje Norendal, Norway, (31.00; 39.00) 39.00.

#### Final Ranking

1. Anna Gasser, Austria, (89.50; 95.50) 95.50 (QF); 1. Isabel Derungs, Switzerland, (82.50; 87.50) 87.50 (QF); 2. Jamie Anderson, United States, (93.50; 93.50) 93.50 (QF); 2. Torah Bright, Australia, (85.25; 80.00) 85.25 (QF); 3. Elena Koenz, Switzerland, (86.25; 38.00) 86.25 (QF); 3. Spencer O'Brien, Courtenay, B.C., (82.75; 65.00) 82.75 (QF).

#### ALSO

6. Jenna Blasman, Kitchener, Ont., (60.25; 51.50) 60.25 (QS).

#### Final Ranking

1. Maxence Parrot, Bromont, Que., (91.75; 97.50) 97.50 (QF); 1. Staale Sandbech, Norway, (45.25; 94.50) 94.50 (QF); 2. Roope Tonteri, Finland, (33.75; 95.75) 95.75 (QF); 2. Pectu Piironen, Finland, (90.75; 80.00) 90.75 (QF); 3. Sven Thorgren, Sweden, (94.25; 36.75) 94.25 (QF); 3. Sebastian Toutant, L'Assomption, Que., (74.25; 87.25) 87.25 (QF).

#### ALSO

7. Mark McMorris, Regina, (29.50; 89.25) 89.25 (QS); 9. Charles Reid, Mont-Tremblant, Que., (54.50; 75.50) 75.50 (QS).

## FREESTYLE SKIING

**At Krasnaya Polyana, Russia**

### WOMEN'S MOGULS QUALIFYING

#### Run 1

1. Hannah Kearney, United States, 23.05 (Q); 2. Chloe Dufour-Lapointe, Montreal, 22.64 (Q); 3. Justine Dufour-Lapointe, Montreal, 22.28 (Q); 4. Eliza Outtrim, United States, 21.51 (Q); 5. Perrine Laffont, France, 21.34 (Q).

#### ALSO

8. Maxime Dufour-Lapointe, Montreal, 20.88 (Q); 9. Audrey Robichaud, Quebec City, 20.61 (Q).

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# Pressure follows Olympians from Vancouver to Sochi

## 12 time zones away.

Athletes are further from family but now closer to each other

Denny Morrison thought about the Vancouver Olympics every day for months before the 2010 Games. The long-track speed-skater saw the Olympic Oval almost everywhere he looked.

"I could literally see it out my window — my living room, dining room, kitchen, it all lined up to the Oval," said Morrison, who took up residence in suburban Richmond, B.C., as the Canadian team trained for weeks at a time. "So I was thinking about it every day... The pressure I put on myself in Vancouver was a lot more than what I feel here in Russia."



Denny Morrison of Fort St. John, B.C.  
ADRIAN WYLD/THE CANADIAN PRESS

Morrison, a native of Fort St. John, B.C., who calls Calgary home, won a gold in team pursuit and Canada posted all-time highs in total medals (26) and golds (14).

Four years ago, Canada had

home-field advantage at the Olympics. And with that came huge expectations and pressure — with family, friends and an entire nation peering over the athletes' shoulders

Four years on, Canada's 220 Olympians are 9,600 kilometres and 12 time zones away from Vancouver, nestled in an Olympic bubble perched on the edge of the Black Sea. For some, the pressure has been eased with each kilometre. For others, it remains a constant no matter where the Games take place.

The fans in the stands may no longer be solidly behind Canada but one can make the argument that the 2014 team may be a tighter crew. All but the women's cross-country skiers are living together in the athletes villages.

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## Horoscopes

### Aries

March 21 - April 20

Focus on what you desire more than anything and there is a great chance you will get it. Your mind is a powerful tool. If you use it to make a request, the universe will respond.

### Taurus

April 21 - May 21

Do you carry on with a difficult task or do you end it and focus on something a bit easier? Only you can decide but it does seem a bit of a waste to give up on it so soon.

### Gemini

May 22 - June 21

The changes you make on the work front over the next few days will have huge effects over the coming months, so think carefully and, if there is any doubt, leave things as they are for the time being.

### Cancer

June 22 - July 23

Whatever kind of news you receive over the next 24 hours, you are advised to keep an open mind. A couple of weeks from now, you will have more important issues to deal with. So, don't take what you hear now too seriously.

### Leo

July 24 - Aug. 23

You need to make a decision about a partnership or relationship matter. If you don't, the issue will be taken out of your hands and other people will make the decision for you.

### Virgo

Aug. 24 - Sept. 23

It's important that you don't let anxieties get the better of you, especially where your health is concerned. You tend to fear the worst for no good reason at this time of year but eventually your fears will fade.

### Libra

Sept. 24 - Oct. 23

Put the finishing touches on something creative, something that could bring you the recognition you feel you deserve. Even if it doesn't make you rich and famous, it will still be a job well done.

### Scorpio

Oct. 24 - Nov. 22

If you must get involved in a dispute between friends, make sure you are even-handed. If you give the impression that you favour one side more than the other, you will make things worse than if you had left it alone.

### Sagittarius

Nov. 23 - Dec. 21

Change is good, change is positive, so whatever else you do today, don't fight the changes that come your way. You were designed by the cosmos try out new things.

### Capricorn

Dec. 22 - Jan. 20

If you want something enough, you'll find a way to get it but it may cost you a great deal of time and energy. You have to decide whether the sacrifice is worth it.

### Aquarius

Jan. 21 - Feb. 19

You have this feeling that if you don't act quickly, you'll miss out on something big. Maybe you're right, but is it really important? The planets urge you to focus on what you've already begun.

### Pisces

Feb. 20 - March 20

What society tells you is important and what your inner voice tells you is important are likely to be different. You should never go against your instincts. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Anton Chekhov play, Uncle \_\_\_\_
6. The \_\_\_\_i-Noor Diamond
9. Sedimentary rock
14. 'E' of TSE
15. \_\_\_\_ pro nobis (Pray for us, in Latin)
16. Carpentry joint, mortise and \_\_\_\_
17. "Reach for the Sky (\_\_\_\_ Mix)" by Maestro Fresh Wes feat. Classified & Blue Rodeo
19. Grain fungus
20. Consumed
21. "Soap" surname
22. Awaken
23. February 7th, 2014 - Winter Olympics: Canada's flag-bearer at the Opening Ceremony, Hayley \_\_\_\_
26. Stick to
29. 'Opt' suffix
30. Radiance
31. Feudal system land
34. Jennifer of "Pride and Prejudice" (1995)
38. Long period
39. 1957: Russian satellite, \_\_\_\_ 1
42. \_\_\_\_ lamp
43. Field
45. Nullify
46. \_\_\_\_ spot on the team
48. Baking meas.
50. Cadbury treat,



### Down

51. Russian pianist/composer, b.1873 - d.1943 [var. sp.]
57. Spry
58. Organic compound
59. Discuss
62. Library item
63. St. Petersburg, Russia: The State \_\_\_\_ Museum

66. W. \_\_\_\_ Wilson (Canadian entrepreneur)
67. Hi-\_\_\_\_ graphics
68. Jean-\_\_\_\_ (Montreal metro station)
69. "Rawhide" role
70. City in Russia, Ulan-\_\_\_\_
71. Thespian's home

1. Singer/songwriter Suzanne
2. Quite often: 2 wds.
3. Egypt's river
4. Greeted, Rocky-style
5. Cash dispenser, commonly
6. Imaging company
7. Pontificate
8. Guitarist, Eddie Van \_\_\_\_

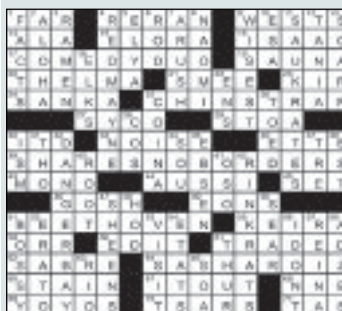
9. "Connected" by \_\_\_\_ MC's
10. Lorde album: "Pure \_\_\_\_"
11. Canadian pollster, Dr. \_\_\_\_ Reid
12. On the lam
13. Insert
18. \_\_\_\_ A Sketch (Retro toy)
23. Obi-\_\_\_\_ Kenobi
24. Frosts

25. Sound system sort
26. On the briny
27. Thunder god
28. Prong
31. Playfulness
32. "\_\_\_\_ be nice if..."
33. Lanois' U2 co-producer
35. Hey-you're-in-my-way device
36. "The Mod Squad" role, \_\_\_\_ Hayes
37. "In the Valley of \_\_\_\_" (2007)
40. Insect stage
41. Sawing cut
44. Olympics competitor
47. Montreal musician, Melissa \_\_\_\_ der Maur
49. Extracts metal from ore
50. Musicals star Mr. Wilkinson
51. Dated past: 2 wds.
52. Ancient marketplace
53. Spotted cat-like mammal
54. Jacket type
55. Marvin Gaye/Tammi Terrell hit: "You're All \_\_\_\_ to Get By"
56. Scandinavian
59. Bash
60. Worked up
61. Singer, \_\_\_\_ King
64. Possessive pronoun
65. Ink-on-skin pic

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

## Yesterday's Crossword

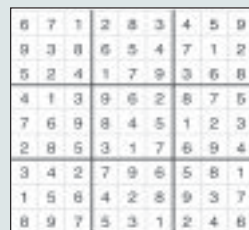


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku



## Weather

### TODAY



MAX: -14°  
MIN: -23°

### SATURDAY



MAX: -20°  
MIN: -30°

### SUNDAY



MAX: -21°  
MIN: -28°



### JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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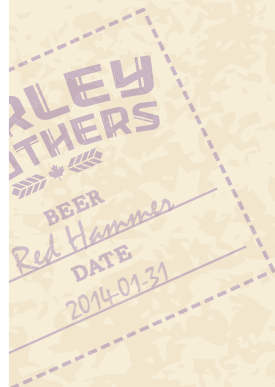
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# BARLEY BROTHERS



presents

## 72 REASONS TO

## BRAVE THE COLD



### FOR BARLEY BROTHERS

Barley Brothers Road Trip  
Aunty's Amber  
The Bad Batch

### IPA / IIPA

*Typically smell and taste of hops,  
Gold to amber in colour*

Heelch O' Hops

Loki

Switchback

Yakima

Runaway

Hop Ottin

Mad Tom

Twice as Mad

Hops & Robbers

Hoptimus Prime

Head Stock

Monkey's Fist

Brockton IPA

Little Scrapper

Total Eclipse of the hops  
606

I'm so freaking hoppy

### SPICED BEERS

*Brewed with spices and fruit to  
add character to the beer.*

Pumpkin Ale

Winter Ale

Life of Chai

Winter Lager

Kitsilano Maple Cream Ale

### PILSNERS

*Type of lager originally from the  
Bavarian town of Pilsen.*

Czech Mate

Eastern Promises

Frontier 1932

Black Cat

### WHEAT / WHITE / WEISS

*Brewed with a large portion of  
wheat. Cloudy, golden colour.*

Hofbrauhaus

Whitecap Wheat Ale

### MARZEN

*Style varies in all aspects.  
Taste, colour, nose and body.*

Red Hammer

### AMERICAN PALE ALE

*Derived from the English bitter.  
With pronounced bitterness,  
balanced malts.*

Naughty Neighbour

Chupacabras

### STOUT / OATMEAL STOUT

*Dark with creamy full body.  
Coffee & chocolate present.*

Imperial Stout

Heartstopper

Wild Turkey Barrel Aged

Blackjack

Stir Stick Stout

Diamond Head

### LAGER

*Light in colour, taste and body.*

Boston Lager

Fort Garry Light

Reading

Island Lager

### PALE ALES

*Light in colour and flavour.  
Usually more flavour than lagers.*

Liberty Ale

Anchor Steam

Cream Ale

St. James Pale Ale

Sultana Gold

Fort Garry Pale Ale

Garibaldi Honey Pale

### BITTER

*English term for Pale Ale, slightly  
darker and richer than pale ales.*

Blood Alley Bitter

### SCOTTISH ALES

*Strong ales. Copper to brown  
colour. Sweeter and full bodied.*

60 Shilling

Scottish Heavy Ale

Wee Angry Scotch Ale

### DARK ALE

*Dark in colour. Usually lighter in  
flavour than porters or stouts.*

Fort Garry Dark

Gathering Storm

### CIDER

*It's apple cider, what do you want  
from us?*

Rock Creek

### BOCK DARK

*German lager with malty flavours.*

Asam Bock

### PORTER

*Darker in colour. Heavier, with  
roasted chocolate notes.*

Anchor Porter

Black Death

St. Nick's Spiced Porter

Maple Porter

London Porter

### AMBER/BROWN/RUDY

*Slightly more flavourful than  
pale ales.*

Breckle's Brown

Warthog Ale

Rail Ale Nut Brown

Boont Amber Ale

Fort Garry Rouge

Bulldog Amber Ale

Firehouse Amber

### RAUCHBIER

*Distinct smoke flavour  
imparted by using barley dried  
over an open flame.*

Aecht Rauchbier Marzen

